

LONELINESS OF A LONG DISTANCE RUNNER



Mo Farah runs through Canary Wharf on his way to coming eighth in the London Marathon. [More pictures](#) / Page 72

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WEATHER

20C	TODAY Cloudy
14C	FRIDAY Cloudy
14C	SATURDAY Mostly cloudy
16C	SUNDAY Rain
17C	MONDAY Mostly cloudy

TRAVEL

TUBE & DLR

DLR has no service between Stratford and Bow Church from Friday, April 18 until Friday, April 25 due to Crossrail works at Pudding Mill Lane. Jubilee line is shut from Waterloo to Finchley Road from Friday to Monday. London Overground has no service between Surrey Quays and Clapham Junction from Friday until Monday.

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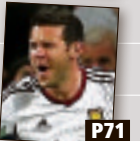
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ESTABLISHED 1998

Agenda

My bucket list includes a real bucket

I'm never going to run the London Marathon. The only marathon I'm interested in is the one that's now called Snickers.

It seems ludicrous I would ever consider taking part in something that requires 26 miles of physical exertion. Running a bath wears me out.

But, back in the day, I used to jog at 6am. Admittedly I only kept this up for six weeks but during that sweaty exhausted month and a half, I really did believe I was taking the first flat-footed step toward running the big one.

Then, of course, I realised how

BLONDE'S EYE VIEW



ANGELA CLARKE

much more I enjoyed sleep. And I saved my early morning energy bursts for the sprint to the DLR to avoid being (too) late for work.

Running a marathon has become a bucket list item everyone entertains the idea of. Like bungee jumping. Or skydiving. The lady who works in my local butcher's has done a skydive. Singular. I don't think she's going again. There's a photo on the counter of her: mouth a perfect inflated O from the g-force. She looks like a terrified sex doll, in a swimming cap and jumpsuit, strapped to a grinning Australian.

Good on her. But I have to question

why? Why do certain things make it onto a collective must-do list? I've no interest in doing any of them.

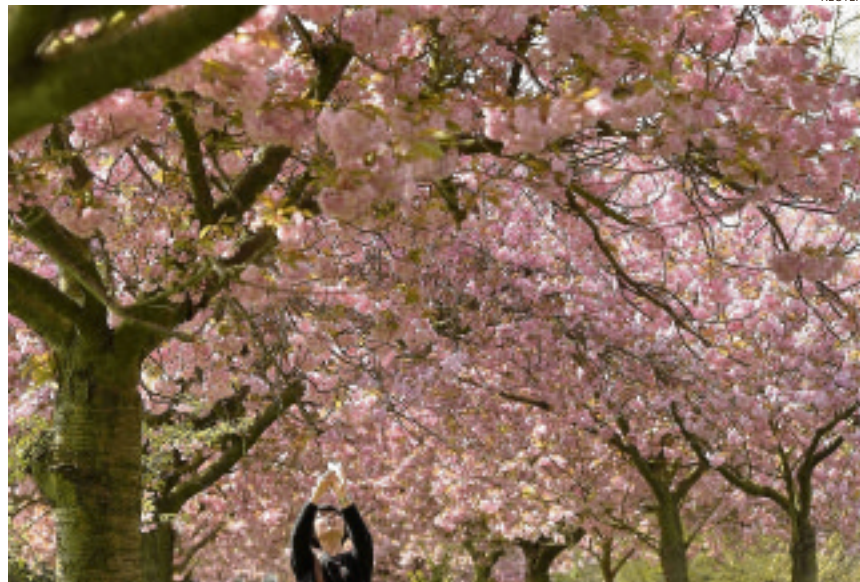
I blame television. It's where we get most of our stupid ideas. We've watched too many travel shows. Too many celebrities doing Herculean physical charity challenges.

We've been brainwashed into thinking we're all capable of super-human tasks. And worse: that we'll enjoy it. Well I for one am taking a stand: I'm staying sat down. With a glass of wine. I've an ice bucket list to work through.

Follow Angela on Twitter:

@TheAngelaClarke

London Eye



REUTERS

A visitor photographs cherry blossom on trees in Greenwich Park



Actress Angela Lansbury poses with her Dame Commander (DBE) medal given to her by the Queen at an Investiture ceremony at Windsor Castle on Tuesday. The Murder, She Wrote star was born in Poplar, daughter of social reformer George Lansbury

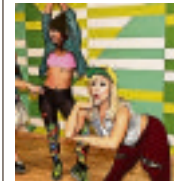


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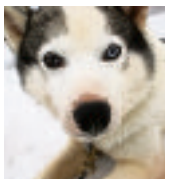
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Huskies, saunas and a dip in a Finnish ice lake



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River will turn back the clock to golden age of rig and sail



BEN BROOMFIELD

CANARY WHARF

Camino shuts down riverside restaurant

TAPAS dining by the Thames will no longer be an option for Wharfers after Camino closed its doors.

After four years, the Spanish restaurant chain shut down service on Sunday.

Owner Richard Bigg told *The Wharf* he hoped to find a more central location to add to the Camino portfolio in Blackfriars, Kings Cross and Monument.

He said the building's new owners from Greenwich Tavern would be re-opening the restaurant soon.

"We wish them the very best of success," he added.



CANARY WHARF

Dixons goes hi-tech to attract Wharfers

DIXONS has opened its new Currys PC World store in Canary Wharf, catering for the corporate and business market.

The high-end goods on offer include a range of Apple products and the new must-have Samsung Galaxy S5.

Learning the lessons from other retailers – who have focussed on efficiency, the store features a click-and-collect area where staff use iPads to retrieve a customers' online orders from a collection locker.

The shop, in Canada Place, has taken over from HMV and was relocated from a smaller operation near The Body Shop.

EVENT

First Tall Ships regatta for a generation

Rachel Bishop
@wharf.co.uk

A celebration of 150 days until the Tall Ships Festival saw Dutch ship The Tolkien sail from Woolwich Pier to Greenwich last week.

Greenwich will be hosting the first Tall Ships Regatta London has seen in over 25 years from September 5-9.

On September 5, 50 Tall Ships will set-off from Falmouth and race to Greenwich concluding in an iconic Parade Of Sail up the River Thames.

Aboard the ship on April 9 were local Tall Ships ambassadors, trainee crew and local volunteers, including Storm Smith-Suckoo, 18 and Suzy Cooper, 15, from Deptford Ahoy Centre.

Suzy and Storm are encouraging young people from the borough to step on board one of the Tall Ships in the race.

Suzy said: "We went on a tall ship in the summer and it was a lot of fun. It's something that we would not normally get to do in London and can be a great chance to meet new people and learn something new."



Suzy Cooper and Storm Smith-Suckoo

Young people who take part in the race will be taught to sail during the five days on board, among learning new life skills.

The regatta will be part of Totally Thames, a month-long celebration of the river which also includes the Great River Race.

Also at the launch was a taster of the Greenwich and Docklands International Festival (GDIF), which will include aerial performances,

eclectic dance and theatre and music, all for free.

GDIF artistic director Bradley Hemmings said: "I would say expect the unexpected. There will be unusual and fascinating acts within the normal day-to-day setting, which will all be from UK and international performers."

The festival runs June 20-28. Go to royalgreenwich.gov.uk/tallships and festival.org for more information.

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LUNCH MENU

Monday - Friday (Dine in)

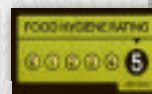
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To come: 44 pages of Property begin on p15

News

There's more to the holiday than chicks and eggs

Rachel Bishop scours the capital for some long weekend highlights

DIARY DATES

Easter events

ACTIVITIES

London Friday Night Skate and Sunday Stroll

Skate around London taking in all the famous sites throughout the Easter weekend. On the programme is the Long Good Friday Night Skate, the Easter Slalom Showdown, The Easter Bunnyroll and Egg & Spoon Races.

April 18-20, various locations including Hyde Park and Kings Cross, lfn.co.uk.

London Easter 10k

Take part in the third London Easter 10k and receive an Easter egg and medal at the finish line.

April 21, Regents Park, London, NW1 4NR, nice-work.org.uk.

ART

Turner And The Sea

Make sure you visit the National Maritime Museum's most popular exhibit before it closes on April 21. The exhibition is a celebration of the artist's life.

Until April 21, National Maritime Museum, Sammy Ofer Wing, Park Row, Greenwich, SE10 9NF, rmg.co.uk.

EXHIBITION

Ruin Lust

An exhibition of ruins used as art from the 17th century to the present day, featuring more than 100 works. Until May 18, Tate Britain, Millbank, London SW1P 4RG, tate.org.uk.

FAMILY

Surrey Docks Farm

The farm will provide a huge itinerary of Easter entertainment including donkey rides and an Easter egg hunt throughout the farm.

April 20, Surrey Docks Farm, Rotherhithe Street, London SE16 5ET, surreydocksfarm.org.uk.

Easter Egg Hunt, Cutty Sark

Cutty Sark's chickens have been laying their eggs in some strange places around the Cutty Sark, meaning an Easter egg hunt is a must. The winners will get a ticket to Bestival.

April 18-21, Cutty Sark Clipper Ship, King William Walk, Greenwich, SE10 9HT, rmg.co.uk.

Easter Eggstravaganza!

Charlton House and Global Fusion Music & Arts have teamed up to host free Easter workshops for children, where they can take part in egg painting, egg races, Easter bonnet and mask-making, and an Easter Egg hunt.

April 19, Charlton House, Charlton Road, London, SE7 8RE, charlton-house.org.

Charlie's Chocolate Adventure

In celebration of 50 years of Charlie Bucket and Willy Wonka, Kew

Eggs will roll as hunt gets gruesome

ACTIVITY

If you've lost your yolk for the traditional Easter activities, then head to London Dungeons to meet the Egg-secutioner and hunt Bad Eggs.

Hunt for the 12 gruesome eggs – which will include an egg bomb and another topped with leeches – that are scattered across the many chambers of The Dungeon.

Egg hunters will be welcomed by the Egg-secutioner, who will be proudly demonstrating his beheading skills on thousands of eggs throughout the holidays, using any tool that comes to hand.

To prepare himself for the Easter run, the Egg-secutioner challenged himself to behead as many eggs as possible in 60 seconds last week.

He managed 17 and made a right scramble of the place in the process.

He said: "I know I make it look easy but beheading eggs is a precision skill and I challenge anyone to beat me."

"There are world records for crushing eggs, shelling eggs, eating eggs – and now I'm proud to add decapitation to the egg record list. I promised that 'eggs would roll', and they did – 17 of them."

"I don't just enjoy decapitating



bad eggs either, but good eggs too. Whether they've broken the law is just about perspective to me – I'll behead them anyway."

For his next egg-related challenge the Egg-secutioner is looking to take on an ostrich egg with an axe and he is looking for anyone to take on his record over the holidays.

He said: "Easter is my favourite time of year, because there's plenty of opportunity to create carnage."

To take part in the Bad Eggs Easter egg hunt get a bad egg card from the Egg-secutioner and keep your eyes open for the Bad Eggs.

Successful egg hunters will be rewarded with sweets and be entered into a prize draw for a chance to win a Merlin Annual Pass worth £159.

Go to thedungeons.com/london for more information.

Gardens is hosting a truly chocolatey Easter event, including an Easter egg hunt and a chance to visit the inventing room.

Until April 21, Kew Gardens, Royal Botanic Gardens, Kew, TW9 3AB, kew.org.

London Wetland Centre

Visit real-life chicks and get to see wildlife at the centre. Also take part in pond-dipping, self-guided walks and get crafty in the name of nature.

April 5-21, London Wetland Centre, Queen Elizabeth's Walk, Barnes, SW13 9WT, www.org.uk.

Horniman Museum Easter Fair

The museum is hosting an Easter Fair featuring food stalls, sat alongside an arts and craft market and the chance to do the bunny hop dance at the bandstand. There will also be an Easter egg hunt.

April 19-20, Horniman Museum, 100 London Rd, SE23 3PQ, horniman.ac.uk.

Stepney City Farm Family Fun Day

Hunt for treasure, take part in crafty sessions, and meet the baby animals. April 20, Stepney City Farm, Stepney Way, London, E1 3DG, stepneycityfarm.org.

Easter Egg Hunt, Henley

Meet Sidney the Swan and help solve

a swan puzzle in the Swan Upping exhibition and explore the Museum Galleries looking for clues.

Until April 21, River & Rowing Museum, Mill Meadows, Henley on Thames, RG9 1BF, rrm.co.uk.

FESTIVALS

Lock Tavern Festival

No egg hunts, parents or a church in site – just four nights of bands, DJs, pop-up food stalls and art exhibitions for free.

April 17-20, Lock Tavern, Chalk Farm Road, NW1 8AJ, lock-tavern.co.uk.

FOOD

Hotel Chocolat Tasting Experience

Have a taster session from Hotel Chocolat – all within a London Eye pod. It isn't cheap, but with an hour of chocolate and truffle tasting, prosecco and a goodie bag, it would be worth it for the ultimate chocolate-lover.

April 5-21, London Eye, Southbank, londoneye.com.

The Widow's Buns at Bow

This tradition is celebrated every Good Friday, in memory of a widow (whose house was formerly on the site of the The Widow's son pub) who was waiting for her son to come home from battle and placed a hot cross bun out for him. He did not return, so she left a hot cross bun out for him each Good Friday in hope. April 18, 3pm, The Widow's Son, Devons Road, Bow Common, E3 3PJ, 020 7515 9072.

Greenwich Market

Greenwich Market will be putting on an Easter eggstravaganza with chocolate eggs decorating and plenty of Easter treats alongside craft workshops and a petting zoo.

April 18-21, Greenwich Market, London SE10 9HZ, greenwichmarketlondon.com.

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OPENING TIMES:-
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Charlton House and Cutty Sark are among the venues offering an Easter Egg hunt



**MUSIC****Easter Sunday Jazz Lunch**

Enjoy a spot of jazz at the Boisdale on Easter Sunday with a three-course dinner and chocolate treat for the kids.

April 20, Easter Sunday Jazz lunch, Boisdale, Cabot Place, Canary Wharf, London, E14 4QT, boisdale.co.uk.

NIGHTLIFE**Supernova**

Don't just hunt eggs this Easter, head somewhere the Easter bunny would be proud to be seen – Egg London, with Mobilee, Ray Okpara and Ranacat.

April 19, Egg London, York Way, N7 9AX, egglondon.net.

THEATRE**Shakespeare's Birthday**

Celebrate Shakespeare's 450th birthday on Easter Monday with a day of Shakespeare-themed children's birthday party games like pass the parcel and pin the ruff on the Bard. There will also be performances and stilt walkers.

April 21, Shakespeare's Globe, New Globe Walk, Bankside, SE1 9DT, shakespearesglobe.com.

Charlie and the Chocolate Factory

Keeping with the chocolate-theme, visit Charlie And The Chocolate Factory at Theatre Royal Drury Lane throughout the Easter period for a sweet-tooth singalong.

Throughout Easter, Theatre Royal Drury Lane, Catherine Street, WC2B 5JF, drurylane.londontheatres.co.uk.

Passion In The Square

What Easter is all about. The story of when Jesus was crucified and then resurrected.

April 18, Trafalgar Square, WC2N 5DS, passionofjesus-traffic.co.uk.

Spring dates / Pages 6-7



DOUGLAS BLYDE



Animals at the Mudchute Farm get accustomed to spring time

Farm returns to roots of first Easter message

MUDCHUTE

No-one could dismiss the fun of Easter with the endless chocolate and bunny-themed treats, but this year Mudchute Farm went back to Easter's roots.

The city farm teamed up with St. Luke's Church and Christ Church on Saturday to offer "some of the sights, sounds and smells of the first Easter."

St Luke's Children's Pastor, Fuzz Dix said: "We re-enacted the time that Jesus rode into Jerusalem on a donkey, known as Palm Sunday, and there was music and drama as we processed around the farm."

"When looking at the way in which our society celebrates Easter, it seems that bunnies and chocolate take first place for most people."

"We can however see the Easter message in these areas if we choose to – the message of new life."

"Easter is a time for celebration. This is a great time of year to explore the original meaning of Easter – come to the farm, come to church, and discover the hope and joy of the Easter message."

This weekend there will be a traditional Easter egg hunt, donkey rides, pond-dipping and an Easter bonnet parade.

Go to mudchute.org.



WEDDING FAIR

Sunday 27th April, 11am - 4pm

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Launching Spring 2014



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DIARY DATES

Spring events



APRIL

ART

The Other Art Fair

Showing work from undiscovered and up-and-coming artists, this show offers them the chance to sell their work and gauge the response.

April 24-27, The Other Art Fair, University of Westminster, Marylebone Road, NW1 5LS, theotherartfair.com.

FAMILY

Zippos Circus

Roll up, roll up for Zippos Circus and prepare to be amazed by clowns, jugglers, contortion and aerial acts and a new equestrian act. April 3-22, Zippos Circus, Blackheath Outdoor, Blackheath, zipposcircus.co.uk.

Monster University Scare School

Learn how to be the scariest monster around at the Monster University Scare School with Sky Movies Disney throughout April at The O2. April 5-21, The O2, Peninsula Square, SE10 0DX, theo2.co.uk.



Robert Redford has championed independent film-making in his native US

Showcase of new voices in cinema

FILM

Hollywood legend Robert Redford brings his micro-festival back to The O2 for the third year.

With US independent film-making fresh from its Utah mainstay, cinephiles can get a look at some of the best and freshest feature films and

documentaries as well as a chance to quiz the directors.

Alongside this filmic feast, the festival will be showcasing new music talent as well

Pulp frontman Jarvis Cocker will head up a panel exploring British documentaries and how they are pushing the boundaries in music, biography and archive film, one of a number of panels and discussions that investigate music and film.

And previous Sundance award-winners *Memento* and *A Winter's Bone* will be screening. The British

contingent will include a big screen version of Rob Brydon and Steve Coogan's *A Trip To Italy* and *Frank*, about a papier mache head-wearing musician.

Sundance's director John Cooper said: "We look with great excitement to hosting the third Sundance London in April as an opportunity to once again engage with passionate and adventurous UK audiences and to introduce them to the new work of independent filmmakers."

April 25-27, The O2, sundance-london.co.uk.

Regeneration at Museum Of London Docklands

Walk through Canary Wharf and learn how the derelict West India Docks were transformed into one of the world's most important districts.

May 10, Museum of London Docklands, West India Quay, London E14 4AL, museumoflondon.org.uk.

Canary Wharf Jog

Take part in the Canary Wharf jog in aid of the British Heart Foundation and help to battle against heart disease.

May 21, Canada Square Park, Canary Wharf, London, E14 5AB, bhf.org.uk.

ART

The Sixties

Enter the world of the swinging sixties high above the Thames in an exhibition along the West Walkway of Tower Bridge.

Until January 2014, Tower Bridge, Tower Bridge Road, SE1 2UP, towerbridge.org.uk.

COMEDY

Saturday Night Live

Quirky Greenwich comedy club Up The Creek will host an evening with James Redmond MC, Steve Gribben, Paul Tonkinson, Andrew Bird. May 24, Up The Creek, Creek Road, Greenwich, SE10 9SW, up-the-creek.com.

FESTIVALS

Canalway Cavalcade 2014

Marvel at colourful canal boats in Little Venice at the Canalway Cavalcade and enjoy real ale, morris dancers and lots of traditional activities for children.

May 3-5, Little Venice, Maida Vale, waterways.org.uk.

Streetfest

A colourful festival of street culture will provide performance art, music, urban athletes, street dance, film, fashion and sport. May 4, a secret location in east London, streetfest.net.

FILM

All My Sons

Arthur Miller's 20th Century classic All My Sons will be played in open air in this tale of denial, guilt and social responsibility.

May 15-June 7, Regent's Park Open Air Theatre, Regent's Park, NW1 4NU, openairtheatre.com.

Rooftop Film Club

Take-in London at night from up high while watching classic and cheesy old movies, nearly new releases or arty moving pictures.

May 4-27, Queen of Hoxton, 1-5 Curtain Road, EC2A 3JX, rooftopfilmclub.com.

MUSIC

Katy Perry: The Prismatic World Tour

Katy Perry will bring her tour to London in May, accompanied Swedish synthpop duo Icona Pop.

May 27-31, The O2, North Greenwich.

Legend: A Tribute To Bob Marley

The Boisdale will host this event led by Michael Anton Phillips, with timeless classics *No Woman*, *No Cry* and *I Shot The Sheriff*. May 3, Boisdale, Cabot Place, Canary Wharf, London, E14 4QT, boisdale.co.uk.

THEATRE

A Roo in My Suitcase

This Apples and Snakes production is a show for 3-7-year-olds celebrating newness, difference, and friendship, through poetry, songs and plenty of joining in.

May 14, Half Moon Theatre, White Horse Road, London, E1 0ND, halfmoon.org.uk.

JUNE

ACTIVITIES

Zoo Lates

Every Friday night throughout June and July London Zoo will be opening its gates after hours and inviting people to explore the country's famous urban jungle.

June 6, 13, 20 and 27, London Zoo, Regent's Park, NW1 4RY, zsl.org.

MUSEUM

Bridge

In Museum of London Docklands' largest

FESTIVALS

Udderbelly Festival

This South Bank annual festival offers theatre, comedy, music and so much more all under one giant upside-down purple cow.

April 10-July 13, Udderbelly Festival, Jubilee Gardens, SE1 8XX, udderbelly.co.uk.

FOOD

St George's Day Feast

To mark St George's Day, Trafalgar Square will host a huge feast, with a side of live music, cookery demonstrations, jesters and shadow puppets and even a spot of Morris Dancing. April 21, Trafalgar Square, london.gov.uk.

MUSIC

Blues In The Night

This blues night explores three women's relationships with one man, featuring a live blues band, West End stars Sharon D Clarke, Clive Rowe and Gemma Sutton.

Apr 24-May 4, Hackney Empire, Mare St, London E8 1EJ, hackneyempire.co.uk.

MAY

ACTIVITIES

Cycle The Marshes, Rivers And Historic Structures

30-mile cycle from River Lee Country.

May 11, Windmill Lane, Cheshunt, Hertfordshire, EN8 9AJ, visitleevalley.org.uk.



Katy Perry performs live at The Brit Awards at The O2 where she will return in May

LONDON 10K RUNS 2014



British Heart Foundation

WEDNESDAY 7 MAY
Tower of London

WEDNESDAY 21 MAY
Canary Wharf Jog*

SATURDAY 16 AUGUST
Greenwich Park*

SATURDAY 4 OCTOBER
Hyde Park*

*subject to licences & date confirmations

Sign up at
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exhibition, *Bridge* will feature rarely seen contemporary and historical artworks, alongside photography, film and maquettes to consider the significance of bridges within London's landscape.

June 27-November 2, Museum of London Docklands, West India Quay, London E14 4AL, museumoflondon.org.uk.

COMEDY

Laughing Boy Comedy Club

Stratford Circus welcomes a huge line-up including Katherine Ryan, Rob Beckett, Romesh Ranganathan, Ivo Graham and Marlon Davis in a night of top British talent. June 7, Stratford Circus, Theatre Square, E15 1BX, stratford-circus.com.

Channel Four Comedy Gala

The gala in aid of Great Ormond Street Hospital Children's Charity returns to The O2 in June with an incredible line-up, including Jack Dee, Jo Brand, Kevin Bridges, Lee Evans and Michael McIntyre.

May 16, The O2, Peninsula Square, SE10 0DX, theo2.co.uk.

FESTIVALS

Field Day, Victoria Park

Field Day returns to Victoria Park, in Tower Hamlets, featuring a range of acts including Pixies, Metronomy and All We Are.

June 7-8, Victoria Park, Grove Road, London, fielddayfestivals.com.

The Big Noise Festival

Do your bit for The Big Issue and homelessness while enjoying some great music at this one-day festival in Peckham.

June 14-15, The Bussey Building/CLF Art Cafe, Rye Lane, SE15 4ST, clartcafe.org.

Festival Of Colours

Indian festival Holi will get a second celebration at the Olympic Park in June, where visitors can dance to the sounds of Drunken Master Eskei83 and Bombay Boogie Soundsystem while

June 28-29, Queen Elizabeth Olympic Park, London E20 2ST, holifestival.com/luklen.

MUSIC

Once in a Lifetime: The Final Tour

The Osmonds, David Essex, Showaddywaddy and Les McKeown's Legendary Bay City Rollers will put on an unforgettable show at The O2. June 26, The O2, Peninsula Square, SE10 0DX, theo2.co.uk.

NIGHTLIFE

The 2 Bears + Steve Bugg + Sink The Pink XOYO residents The 2 Bears will be joined by Steve Bug, Sink The Pink, DJ Pipes and Jarvis Cocker for a night of electro.

June 21, XOYO, 32-37 Cowper Street; Shoreditch, EC2A 4AP, xoyo.co.uk.

THEATRE

The Trials Of Oscar Wilde

The play looks into his life as he went from prosecutor to defendant to disgraced prisoner in less than 100 days.

June 15, Greenwich Theatre, Greenwich, Crooms Hill, London, SE10 8ES, greenwichtheatre.org.uk.

What's On / Page 12

Residents angry at loss of innovative food store

REGENERATION

Ikea sparks traffic fears, and dismay at destruction of eco-building

Beth Allcock

@wharf.co.uk

Greenwich Council has come under fire after giving the green light to Ikea's first store in the borough replacing a building showered with praise for its sustainability credentials.

Residents have written to council leader Chris Roberts calling the outline permission for the Sainsbury's site in Bugsby's Way a "disgrace".

Attracting about 30 signatures so far, their newly-launched petition will be the focal point of a community event on April 26, taking place just behind the pioneering eco-friendly food store opened by chef Jamie Oliver in 1999 and nominated for the Stirling Prize in 2000.

The letter stated: "It is disappointing that the council, in its final few weeks before the elections, has pushed through this proposal for a development that will attract more traffic and pollution to the most polluted and congested part of the borough.

"It shows a blatant disregard for the health of residents and endangers the future of Greenwich as a tourist destination."

Local concerns centre on environmental and traffic concerns. But the building has attracted national support with calls from The Twentieth Century Society to have it listed.

"This is the most innovative retail building in England," said the charity's senior conservation adviser Henrietta Billings.

Leader will stand down at elections

THE controversial leader of Greenwich Council has announced he will not return to the authority following next month's elections.

Cllr Chris Roberts, pictured, made the announcement in a letter to colleagues and said he believed the presence of a former leader in a new administration would be "unfair" on his successor.

Within the letter, Cllr Roberts stated: "I have been blessed with an extraordinary collection of council officers who have embraced the agenda I have set, even when that agenda keeps expanding."

Cllr Roberts has come under fire in recent months from allegations of bullying to a personal



vendetta with Greenwich resident Andrew Gilligan – the cycling czar – which opponents say has cut a possible source of funding.

Recent reports suggest his

own Labour colleagues turned against him, forcing his hand.

He denies any wrongdoing and says he is proud of his record, including bringing Crossrail to Woolwich.



The Sainsbury's store in North Greenwich is under threat

Sainsbury's scooped a host of accolades and nominations for the store's green design 15 years ago, with bio-climatic principles ensuring it requires the minimum amount of energy to be used. Its shape was likened to the Teletubbies' home.

The Design Council selected it as a millennium product, it secured the

£20,000 Design Sense Award as well as the RIBA Journal sustainability award.

Ikea says its store will also push the sustainable agenda.

It stated: "Unlike the existing Sainsbury's store, the spaces within the proposed Ikea store will be loose fit to allow for continuous change as the retail world and consumers'

tastes change – this is a truly sustainable model."

Cllr Ray Walker, chairman of the Greenwich Planning Board said the application, instigated by Sainsbury's planned move, would create 400 jobs.

He said: "The board recognises some of the concerns expressed during the meeting about traffic management in the area and on granting outline planning permission attached a condition that a travel plan for the site will be reviewed by an independent assessor on a yearly basis over five years – so that the impact on traffic can be robustly assessed."

"This application is also subject to referral to the Mayor of London."

■ Campaigners will launch their petition at an event in the park behind Sainsbury's at noon on April 26, and also on a Facebook page, No Ikea Greenwich Peninsula.

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Notebook

The attractions busy attracting cash for merchandise

I thought I'd save some money this Easter school holiday by not travelling abroad with Master A. It's the first time in several years that we've opted to stay at home during the spring break but, with forecasters predicting great weather and a wealth of London attractions hitherto unexplored, I thought we'd give it a go.

Like a pair of enthusiastic American tourists we've criss-crossed the capital – and beyond – for days out, ticking off one experience after another.

In no particular order, we've "done"

the Warner Brother Studio Tour, entering into the magical world of Harry Potter; the National Gallery; Tate Modern; the Sea Life Centre on the South Bank; caught a show at the Unicorn Theatre; been up The Shard; travelled the Thames on a Thames Clipper; and spent a day at The Tower of London.

As well as being lots of fun, it's been exhausting – and very costly.

The admission price to most of these attractions and experiences is steep enough but it's the merchandise screaming "buy me" to a six-year-old

WORKING MUM



TABITHA RONSON

that does the real damage to the average purse.

I know I should be stronger, steer Master A away from the gift shops, the experience of the attraction enough of a treat but try telling that wannabe wizard whose just ridden his first Nimbus 2000 that "no, he can't have a wand like Harry Potter's" – especially when every other kid in the store is walking out waving one. Oh, for the Expelliarmus Spell.

I thought I was in luck with the world's first Bitcoin at the Tower.

As a trainee assayer who has just

discovered one of King Henry VIII's rogue copper-infused 'silver' coins in the Tower Mint his sixpence reward – held out to him by his grateful Tudor boss – is virtual and won't actually materialise from the monitor Willy Wonka style.

But then a few minutes later on exiting through the gift shop an excited child shouting: "Look, Mummy, I've found my reward. It's here!" A replica sixpence waved under my nose.

Working Mum, looking at her current bank statement – a stay in Dubai's Burj al-Arab would have been cheaper.

DATA SNAPSHOTS

Trends, stats & surveys



1,224

Number of patients per GP in NHS Tower Hamlets, the best ratio in the country. The figure for Greenwich is 1,857, the 18th lowest across the country.



29.4%

Adults in Newham taking 30mins or more of exercise four times a week, one of the lowest figures in the UK. The figure for Tower Hamlets is 33.7% and Greenwich 31.2%



21%

Percentage increase in property sales in December 2013 compared to a three-year average in E14. The figure for E16 is 15.4% and for SE10 13.9%. E1 is a hot zone with 78.7% increase.

Catch up with our data graphics on wharf.co.uk every week

Sources: Parliamentary Question; Sport England; Land Registry

Out Of Office

TV

Why I decided to take on such a difficult role

The Smoke, the powerful Sky drama set at a fictional Mile End fire station, is out on DVD this week. We took the opportunity to chat to star Jamie Bamber.

■ **Jamie, *The Smoke* is a powerful series. What was your reaction when you realised your character would be so severely scarred.**

I was shocked. I did the reading version of a double take: "What did I just read?" It was so bold to do that to the male protagonist, who spends the whole (opening) episode building up as a rugged survivor of something, then for them to do that. I was intrigued and blown away.

■ **Playing Kev Allison must have been daunting.**

Yeah, there was this moment of, 'I'm actually going to have to do this now', and it was a real challenge to get that right and to work out how to do it. We also had to make decisions about what the injury actually was and look at images of people who've gone through this awful injury.

The whole thing was a tough journey, but that's the reason why I wanted the job and wanted to play the role.

■ **Have you had much feedback from viewers?**

The amazing thing about Twitter is you do get real-time feedback of people watching the telly, and it's terrifying, but also extremely rewarding.

With *The Smoke* I had no idea which way it would go, because the pre-conceived idea is we are 'a fire show', and it was going to be

People, places, things



Jamie Bamber plays Kev Allison, cruelled scarred in a fire



Urban star Miss Dynamite

action and heroism and slightly soap operatic, as a lot of fire shows tend to be.

There's an easy audience for that, but I knew we were doing something quite different, and I was very apprehensive how it would go down, specifically that scene [when Kev reveals the extent of his injuries] – whether people would be too shocked or would laugh or whatever.

EVENTS

Unicycles put in the balance

■ Bass queen **Miss Dynamite** and **Goldie**, currently player gangster Joker at the Stratford Royal will be heading to Forman's Fish Island in Hackney Wick on May 4 for StreetFest, London's biggest urban culture festival.

But the big-name stars may be overshadowed by a singular act of gravity-defying action.

Britain's first unicycling competition aims to dispel thoughts of clowns and jugglers and place the transport firmly in the urban mix alongside skateboards and BMX.

The winner will be the rider who can show the best BMX-style moves without a squirly flower in sight. Graffiti writers including **Inkie** and **Remi Rough** will be liberal with the paint while DJs **Kid Circus** and **Sister Sister** will be – much like the unicyclists – hitting the decks at some point.

High Five

Easter-themed treats



Tablet stand, £23.99
Cooking up a storm this Easter? Better get organised.



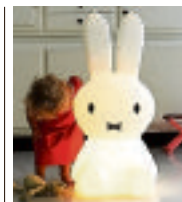
Eiko Egg Cup Boilers, £12
Scoop out your boiled egg with these spoons.



Furby Furling, £19.45
Watch the egg hatch and then keep it healthy.



Bunny Jump, £19.99
Play to discover how many carrots they'll need to extract.



Miffy Lamp, £129
Supersized Buddha-like lamp is perfect for children.

SPIRAL NOTEBOOK

By Giles Broadbent

Mayor hit by everything but kitchen sink

A curious rally recently in Stepney. Mayor Lutfur Rahman was mously declaring "*Panorama* lies" to all who would listen, although he didn't seem bothered that no-one was. For this wasn't a welcoming, come-one-come-all forum which politicians tend to hold at election time.

This was an elite, rather sinister, gathering where at least one curious passer-by, blogger Ted Jeory, was in-your-face photographed, Scientology-style.

Little wonder the Muted Mayor of Tower Schtumlets feels paranoid. This week, joining the roster of his big-name enemies was the Prime Minister David Cameron who received a report – according to journalist Andrew

Even Ken Livingstone has defied his contrarian credentials

Gilligan – allegedly highlighting concerns between the mayor and organisations with sympathies towards extremism.

Now, I suspect, all the cards have been played. Communities secretary Eric Pickles has sent in his auditors. David Cameron has furrowed his brow. Even Ken Livingstone has defied his contrarian credentials and deserted his pal.

The list of the mayor's alleged wrongdoing (all denied) include the misuse of public funds, contempt for the voters, an over-readiness to play the race card, a lack of leadership and an inability to rub his stomach and tap his head at the same time...

If one were to design the worst city boss ever, Mayor Rahman would be up there with Rob Ford and Lando Calrissian.

So the fact the election is still a tight run thing must be unnerving Labour. What's really keeping them awake is this: What if he does win? What's left in the arsenal to dislodge him – gulp! – next time around?

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THURSDAY MAY 29TH

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come down and
bid yourself a date

THURSDAY JULY 24TH



Night At



Tickets are just £20.00**
this includes entry, plus food,
a glass of bubbly and
private screening of the film
**£10 from every ticket goes
to Tommy's

FRIDAY OCTOBER 31ST

Halloween Ball* at



Tickets are **£15.00** if in fancy dress £20.00 if you are not

*All money raised will go to Tommy's

For more information about any of the above events or to book tickets please contact
Daisy Lewis **0207 293 2272** or email daisy.Lewis@trinitymirror.com

Plans go in for skyscraping double towers

PLANNING

Rob.Virtue
@wharf.co.uk

PLANS for 900 apartments on the outskirts of Canary Wharf have been submitted to Tower Hamlets Council.

The Foster + Partners designed structure for South Quay Plaza on the Isle of Dogs will be of two towers – one rising to 73 storeys and

the other 36 storeys. Plans include an acre of new public space.

Harry Lewis, managing director at Berkeley Homes (South East London), said: "The proposals represent the culmination of over a year of hard work by the project team, which has included four public consultation events and numerous meetings with local stakeholders."

However, at the last consultation earlier this year residents raised

concerns about the size and scale of the scheme.

The height of the largest tower will be just short of One Canada Square at Canary Wharf.

Isle of Dogs residents say more schools and health facilities are needed to cope with the increase in population.

But Berkeley said the scheme would help ease the current housing crisis in the capital.

"Our plans for South Quay will deliver a world class development," said Mr Lewis.

"We will provide much needed new homes, including new affordable homes, a re-activated waterfront on to the South Dock and the Millwall Cutting, as well as space for retail, bars and restaurants.

"This is a rare opportunity to deliver such significant, high-quality public realm in Canary Wharf."

Airport has outlived its usefulness say activists

REGENERATION

LCY counters it is a catalyst for growth in the Royal Docks and not a hindrance

Giles.Broadbent
@wharf.co.uk

Activists, residents and green campaigners are calling for the closure of London City Airport and its replacement with a sustainable neighbourhood.

They converged on The Crystal under the airport's flight path last week to launch a report by independent think-tank New Economics Foundation that makes the case that the airport's closure would make financial as well as environmental sense.

Royal Docks Revival concluded that the airport was a bad neighbour; had outlived its usefulness; and it posed an unsustainable challenge to the Royal Docks' role as a Green Enterprise Zone.

Newham schoolteacher Saci Lloyd of the Momentum Foundation said: "There are two competing visions for Newham. One is big business, outside investment, global commuting, the City – this is old capitalism.

"We have a vision for new capitalism. A city where you are reducing inequality, where local people have a stake in what is going, where we're looking for new ways to do things.

"All of this is possible and do-able.

It's about having the vision to say 'yes we can'. We are the pioneers."

NEF economist Helen Kersley said: "We must question the logic of locating an airport on precious inner city land. London City Airport places a significant environmental and social burden on neighbouring communities."

The group – which used the meeting to put together the beginnings of a steering committee – said the practical concerns could be argued.

The arrival of Crossrail put Canary Wharf customers within reach of Heathrow and the release of land undeveloped as part of crash safety zones, would make finance available.

The airport, however, argues that the current revival of the Royal Docks – underpinned by multi-million-pound developments at Silvertown Quays, the Albert Dock and Basin, and Royal Wharf – has been triggered with the airport at its heart.

The NEF report, it said, would "turn back the clock" and "fails to acknowledge the link between the airport and the gathering momentum of change taking place in the Royal Docks".

A spokesman said: "By proposing the closure of London City Airport – in the face of clear evidence of LCY's roles in its community and as a catalyst for change and driver of inward investment – NEF is proposing less opportunity for the areas it claims to be championing and the closure of valuable business routes into – and out of – the capital."

£750m
Amount LCY contributes to the economy

Stepping up



A set of 14th century steps are getting a well-needed renovation, with help from their neighbours – pupils from a neighbouring school. Pier Head Preparatory Montessori School is getting involved in a project to restore all nine of the Wapping Old Stairs and lent the charity behind the project, Turk's Head, a helping hand during a site visit.

News in brief

EAST LONDON

Home sale activity back to old levels

PROPERTY prices in east London saw the highest growth of any area in capital over the last 12 months.

Homes in Canary Wharf rose at a faster rate than central London, according to Jones Lang LaSalle.

Price growth in east London rose 16.5% while homes in Canary Wharf saw a 14.4% increase.

Tony User of JLL said: "Prices are soaring around Canary Wharf. The secondhand market is as active now as it's been since the credit crisis."

TOWER HAMLETS

Dog attack owner told to pay £3,000

The owner of a pit bull type dog which bit the finger off a passer-by and attacked her pet during an incident in Bow will pay out £3,000 in compensation.

Gemma Wilson, of Wellington Way E3, admitted two offences under the Dangerous Dogs Act and three offences under the Animal Welfare Act of causing her own dogs to suffer.

She was also handed a sentence of 12 weeks imprisonment, suspended for 12 months.

DOCKLANDS

Asian business park plans are submitted

PLANS to transform the Royal Albert Dock into an Asian business district have been submitted to Newham Council.

The proposals aim to create up to 20,000 new jobs.

Following a three-day public exhibition, ABP chairman Xu Weiping said: "The response from the local community has been fantastic and I am very happy to see that they share my passion to see Royal Albert Dock regenerated."

CANARY WHARF

Business looking to invest in growth

LONDON businesses are looking to invest in growth as they aim to capitalise on the recovery of the UK economy.

The findings are in HSBC's Business Of Growth report released by the Wharf based bank on Tuesday. It said the UK has outperformed the eurozone in the last 12 months.

HSBC's Carol Bagnald said: "Businesses are gearing up to diversify and expand and this change is reflected in our uplift in lending."

POLITICS

'PM told of mayor's links to Mosque'

THE Government is looking into alleged connections between Tower Hamlets Council and groups linked to extremism, according to reports.

The claims in the *Telegraph* follow Communities Secretary Eric Pickles' decision to send in auditors to look at how mayor Lutfur Rahman has distributed public money.

Citing a leaked Government document, the newspaper claims a report to Prime Minister David Cameron last year expressed concerns about the council's funding of East London Mosque and Muslim group the Osmani Trust.

It also says both organisations raised "serious concerns" in the report as they hosted extremist speakers or organisations.

The article, written by regular critic of the mayor, Andrew Gilligan, also reports the document as concluding Mr Rahman is "unwilling to actively engage with or promote" counter-extremism policies.

The council denies all the allegations. A spokesman said: "Tower Hamlets has a strong record in partnership working with many different agencies in tackling and preventing extremism.

"Our approach to diversity, equality and social cohesion has been recognised by our peers and is reflected in the 'excellent' rating received from the Local Government Association."

Rob Virtue



Former London Mayor Ken Livingstone has thrown his support behind Labour candidate John Biggs in May's Tower Hamlets mayoral election.

Mr Livingstone, a friend of rival Lutfur Rahman, said: "John worked with me for the eight years I was mayor. I was impressed with his honesty, competence and ability to unite communities. I'm endorsing John Biggs."

Questions but few answers

TOWER Hamlets mayor Lutfur Rahman has declined to answer more than 200 questions from the public and councillors since he took power in 2010.

Labour said the mayor has only attended five of the 50 overview and scrutiny committee meetings.

Leader of the Labour Group, Cllr Sirajul Islam, called the silence "a tragedy" for the borough.

The mayor says that he delegates executive cabinet members to answer questions.

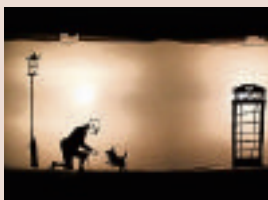
What's On

How Ted comes to terms with his disease

STAGE

Cell

Greenwich Theatre



Ted goes on a trip of a lifetime with his pet fish after he is diagnosed with Motor Neurone Disease (MND), in a puppetry production.

In a collaboration between puppetry companies Smoking Apples and Little Cauliflower, *Cell* is the moving story about Ted and his fish.

Explaining the story, Smoking Apples co-creator Molly Freeman said: "*Cell* is very much about Ted, our central character, 'living with MND, not dying from it'.

"It's a show about positivity and making the most of things as well as the fear of the unknown. These are all very human things – things that we hope the audience can relate to."

Molly said both companies had been looking for a challenging storyline to act out with puppets.

She said: "The notion of someone losing their mobility was exactly that."

"Initially, we looked at Alzheimer's but decided that we needed something that directly affected the body, physically."

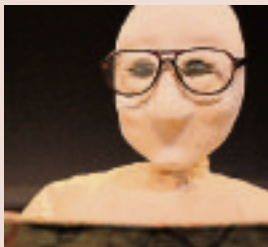
"Two members of the cast have also lost family members to MND so there is a personal connection to the show."

Puppetry presents challenges for productions looking to portray complex emotions, said Molly.

It was down to the skill of the puppeteer to project and transfer emotions into movement.

Rachel Bishop

April 17-19, Greenwich Theatre, April 17, 8pm, April 18, 6.30pm and 9pm, April 19, 8pm, £10-£16, cell-show.co.uk.



Material concerns of challenging designer

EXHIBITION

As the mannequins will attest, Gaultier has provoked much debate over his life

Beth.Allcock
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With fashion's "enfant terrible" tag as firmly tied to Jean Paul Gaultier as the Frenchman's ribbons on his corset designs, his debut museum showcase – *The Fashion World of Jean Paul Gaultier: From The Sidewalk to the Catwalk* – was bound to offer something extraordinary.

It begins, though, with a pleasant familiarity as sounds of Madonna's *Material Girl* trickle down the staircase at the Barbican Art Gallery, prompting recollections of the singer's iconic cone bra from her *Blonde Ambition* World Tour, which lies in wait.

Complete with an immersion into breton stripes, punk tartan and salmon-coloured boudoir beauties – these are all must-see Gaultier classics for style savvy fans.

But, then comes the unexpected.

The chants of The Queen of Pop – along with occasional babbles of chatter, raised eyebrows and sideways glances – all emanate from the faces of digital cinematographic custom-made mannequins by Odile Gilbert.

It's a revolutionary and clever way of bringing in a theme that underpins the designer's work, displaying all forms of attractiveness among an array of faces.

"Beauty is not concentrated on one style," said Gaultier, something reflected in his selection of muses from Beth Ditto to Kate Moss.

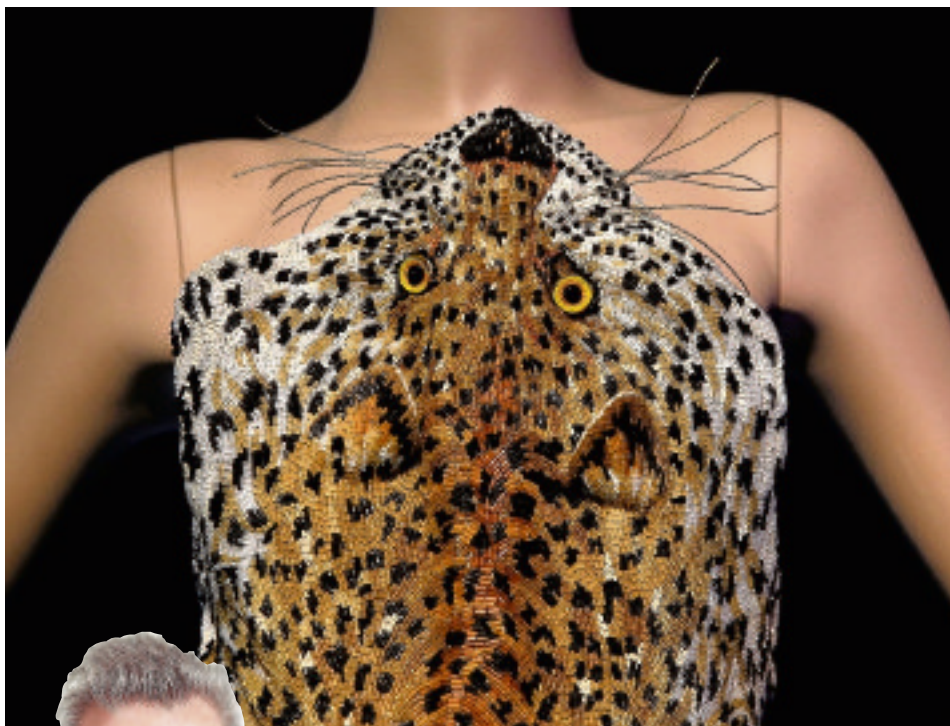
"Sometimes it is in fashion, for example, sometimes it will be Russian girls. There's different types of beauty and beauty in a lot of things."

"You can see it's around you but you have to open your eyes."

"I love to have characters and persons that are different."

Nathalie Bondil, director and chief creator at the Montreal Museum of Fine Arts, the original host venue for the event said: "It's not about fashion it's about social vision and humanist vision."

And among these distinctive mannequins is a nod to another of Gaultier's themes – gender issue



Urban Jungle prints, above, and corset style bustier, above right, form part of an exhibition to celebrate the work of Jean Paul Gaultier, left

which reached its peak with his skirt designs for men during the '80s.

Plenty of similar items are on show, including attractive tartan culottes paired with a sailor stripe top, both from the 2006/07 autumn winter Russia Collections.

But it's the almost life-like forms, including a model of Gaultier himself, who reinforce the mantra, with a male character chatting to his reflection about his cockfeather and lace corset style bustier.

Ultimately, they're a unique way of hammering home the designer's belief that garments have never possessed a gender.

"The only thing I wanted not to be was misunderstood," he said.

"Women were classed as a sexual object and I wanted males to be a sexual object too."

"Then I looked around me and there was a new generation of girls who wore corsets because they wanted to, not because they were subject to men."

Stepping from the prints and feathers of the Urban Jungle,

where zebra frock coats and thigh high feather boots await, to the celebration of the female form in Boudoir and Gaultier's foray into the small screen through Eurotrash in the *Metrololls* section, it's the complete spectrum of the designer's credentials.

Gaultier's passion for the UK capital, which he said often "felt more a home in some ways" than his Parisienne base when he started out his catwalk career in the '70s, has led to a special London showcase with more mannequins, wigs and outfit selections.

The snapshots of Gaultier's wide variety of fashion are divine, a pure indulgence where visitors can spend hours exploring the eight distinct zones.

But it's the thought behind this showcase which acts to reveals the character, passions and beliefs of a 61-year-old designer who's still topping the fashion stakes.

Until Aug 25, *The Fashion World of Jean Paul Gaultier: From The Sidewalk to the Catwalk*, Barbican Art Gallery, Silk St, London EC2Y 8DS.

Go to barbican.org.uk/artgallery Open on Saturday to Wednesday between 10am and 6pm, Thursday and Friday between 10am and 9pm.

Ticket prices from £7.25, with those under 12 free.



FACTFILE



- The Fashion World Of Jean Paul Gaultier features 165 cutting edge couture and ready-to-wear garments.
- It spans from Gaultier's first catwalks in the '70s to present day.
- It features more than 30 custom-made mannequins wearing wigs and headpieces by Odile Gilbert.
- The exhibition opened in 2011 in Montreal.
- London is the eighth location of the exhibition to date, which has attracted one million visitors.
- London exhibition is bigger and features more mannequins.
- Some mannequins don wigs measuring more than a metre high, made by hat specialists.
- Three rooms are dedicated to Gaultier's muses including Beth Ditto, Kate Moss and Kylie Minogue.

What else is going Gaultier?

■ Bar Gaultier

The Barbican's Martini bar has been kitted out with exclusive furniture designed by the man himself, and loaned by designer brand Roche Bobois.

These include nautical-print Maschio and Femina floorlamps and Ben Hur chairs with Gaultier nameplates emblazoned on the back.

Offering Champagne and fashion-inspired cocktails, the bar is open between 5.30pm and 9.30pm for the duration of the exhibition.

■ Paul Limited Edition eclair

Available at the patisserie's outlets in Canary Wharf and across the capital, this £3.15 treat gives breakfast a taste of Breton. Adorned with blue and white stripes and a Jean Paul Gaultier signature, it covers Paul's signature choux pastry delight, filled with white-chocolate flavour mousse.

■ Jean Paul Gaultier: Be My Guest

The couturier's graphic design work will be put under the spotlight in this satellite show, which reveals how the Frenchman has translated his catwalk collections into invitations



and advertising campaigns. At the Fashion Space Gallery until May 31.

■ Exhibition app

The first of its kind to explore Jean Paul Gaultier's colourful career, the app can be downloaded as a multimedia guide.

Go to barbican.org.uk/apps.

■ Barbican Events Programme.

Accompanying the exhibition is a diverse array of entertainment running until August.

Highlights include a Punk Couture workshop by tutors at the Royal School of Needlework, a chat between Gaultier and *International Vogue* editor Suzy Menkes as well as film season, *The Film World Of Jean Paul Gaultier*, at Barbican Films.

MUSIC



Caustic Love

Paolo Nutini

★★★★☆

It has been almost five years since the Italian-Scotsman has released anything new, but the wait for his latest offering has been worth it.

Nutini takes a step away from his guitar and dances into the soul-funk genre with tracks like album opener *Scream (Funk My Life Up)* and *Let Me Down Easy* which samples Betty LaVette's '60s classic Motown track.

Another interesting sample is on *Iron Sky*, featuring snippets from Charlie Chaplin's famous final speech from *The Great Dictator*, but he does provide more typical music with tracks like *Numpy*, and romantic offerings including *Better Man* and *Someone Like You*.

This third album is a step in a different direction for the 27-year-old who displays a new maturity.

Rebecca Flitton

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What's On

SCREEN



Amazing Spider-Man 2
(12A) 142mins
★★★★☆

Two is company but three super-villains are a crowd in Marc Webb's action-packed sequel to his 2012 blockbuster.

A Russian mobster in rhinoceros-shaped armour, a malignant Oscorp employee who can shoot electricity from his fingertips and an iconic green-skinned imp with daddy issues all vie for our attention during a rough'n'tumble 142 minutes.

But for all the sequel's technical prowess, it's the screen chemistry of Andrew Garfield and Emma Stone, who met on the first picture and have been dating ever since, which provides more bang than the digitally-rendered pyrotechnics.



The Love Punch
(12A) 94mins
★★★★☆

The Love Punch is a ham-fisted caper that nods affectionately to leading man Pierce Brosnan's years of service as James Bond.

Indeed, the film's divorced-from-reality jewel theft would have been effortlessly executed by 007 in mere minutes.

It's not great art and the outcome is predictable, but Brosnan and Emma Thompson fizz and there are some hearty laughs amid the empty-nester nonsense.



Locke
(15) 85mins
★★★★☆

From Steven "Dirty Pretty Things" Knight, this one-hander unfolds largely in real time and is set within the claustrophobic confines of a car travelling down the M6 from Birmingham.

Travelling at terrifying speed and almost crashing the vehicle on several occasions, family man Ivan (Tom Locke) races to the bedside of his mistress to witness the birth of their child, sacrificing everything he holds dear for that one moment.

Eccentrics take on history in bid to find themselves

EXHIBITION

Steampunks inspired by contraptions that encircled the world

Rachel Bishop
@wharf.co.uk

Fascinating modern contraptions sit alongside genuine historic artefacts as steampunks set their imaginations against their illustrious predecessors at the Royal Observatory in Greenwich.

In *Longitude Punk'd*, art and science and fact and fiction are brought together in a celebration of madcap inventors, star-gazing scientists and brave explorers.

Modern steampunks were commissioned to create pieces inspired by inventions submitted to the Board of Longitude between 1714 and 1828 in attempt to help sailors fix their location at sea.

The exhibition showcases pieces from Robert Rankin, Lady Raygun, Herr Doktor, Doctor Geof, Emily Ladybird, Major Thaddeus Tinker, Lady Elsie, The Alchemist and Citizen Griffdawg.

Sci-fi king, and ultimate Steampunk, Robert Rankin said: "The exhibition is absolutely magical. Everything in it looks as if it should have been here all the time."

Known for his eccentric novels, Rankin says he got into steampunk because he thought it seemed a lot of fun and also, he joked, because all the women dressed in corsets.

He said he was inspired by his father. "My dad was a tall story teller. He made people believe he had done all these things he hadn't."

He said his inspiration was topped up by the weird and wonderful



Robert Rankin, below left, and his fellow steampunk inventors meeting in the Meridian Courtyard



FACTFILE

- The Board of Longitude was the common name for the Commissioners For The Discovery Of Longitude At Sea, established 200 years ago by the British government.
- It was founded after a tragedy which saw four ships run aground in 1707 off the Isle of Scilly because of uncertainty over their position.
- £20,000 was offered for a method that could determine longitude within 30 nautical miles.

characters he met during lock-ins at a pub where wife Lady Raygun worked in Brentford – the setting for many of his books.

The exhibition is the culmination of the Longitude Punk'd competition which called for fake-historical objects inspired by the inventions submitted to the Board of Longitude.

Coming all the way from Seattle, Matthew Dockrey won the competition with his device, the Celatone.

Matthew said: "I'm deeply humbled to be part of the exhibition – and even more so to have won the competition. "My idea was based around a telescope attached to the head that would be used to observe Jupiter's moons. It was based on Galileo's original design."

The exhibition is part of a series of events marking the 200th anniversary of the founding of the Board of Longitude.

Until January 4, Royal Observatory, Greenwich, charges apply, rmg.co.uk.

Rebel with an independent cause

REVIEW

Kidnapped is an educational story that is set in a time when the English and Scottish were locked in a constant battle.

The story centres on the journey of David Balfour who is driven into his uncle's murderous clutches after his father's death.

He is sold into slavery on a ship, but his luck turns when he meets infamous (and real-life Jacobite) Alan Breck who is rescued from a sinking boat and their adventures begin in earnest.

This debut theatre adaptation by Ivan Wilkinson, of Robert Louis Stevenson's tale of 18th century



rebellion, has a lot of life, which keeps the younger members of the audience engaged especially in the sword fighting scenes.

The five actors on stage have their work cut out creating 20 characters but managed the task with energy. And when the five couldn't hide the

gaps, puppets were introduced to plump up the cast.

The educational element – centring on the Jacobite rebellions – was in the forefront and occasionally drama gave way to exposition but overall the balance was maintained.

This Greenwich production at comes to Hackney in May.

Rachel Bishop
May 8-10, Hackney Empire, Thurs; 10am, 1pm, Fri; 1pm, 7pm, Sat; 7pm, £8-£20, hackneyempire.co.uk.

Our verdict

A lively and imaginative retelling of Robert Louis Stevenson classic
★★★★☆

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Women seeking men

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BLACK Christian lady 35, bilingual, calm, caring, into jogging, reading, movies, sightseeing, looking for an easy going white European professional male 35-45. Text Only Mailbox Box No: 4367743

SONYA tall leggy vibrant very attractive black lady who loves gym, music, dining out, seeks mature responsible, respectable professional to be my soul mate. Tel No: 0906 500 3729 Box No: 411697

ANNA, busty mature lady seeks no strings discreet meetings with male any age or location. Tel No: 0905 002 1952 Box 366019

CARRIE 29yr old fun loving attractive single mum with OHAC, likes nights in or out, music, WLTM similar fun romantic handsome man for friendship possibly more. Tel No: 0906 500 3729 Box No: 411215

DEBS very hurt but healing female only looking for honest, caring genuine guy who will love me for me. I have varied interests and love music and Lanzarote. Tel No: 0906 500 3729 Box No: 409275

CHRISTINA, curvy beauty, 27yrs, own home, very adventurous seeks no strings fun and frolics. Can accommodate and will answer all calls. Tel No: 0905 002 1953 Box 410127

SUE 38 enjoys cinema, clubs, meals in/out, very broadminded, attentive, tactile, passionate, looking for lots of fun with Mr Wrong! Discretion assured. Tel No: 0906 500 3729 Box No: 411205

JOANNE 36yr old single self-conscious mum, likes pubs, clubs, nights in/out, coast, seeks faithful kind guy 30-45 to share the rest of my life with so no time wasters pls. Tel No: 0906 500 3729 Box No: 410569

LEANNE young curvy single female looking for smoking hot single guy to enjoy nights in/out full of laughs and good times. Call me. Tel No: 0906 500 3729 Box No: 410563

SUSAN 29 green eyes, dark hair, slim, looking for Mr tall dark and handsome to take me out, enjoy adult times without complications, just fun. Tel No: 0906 500 3729 Box No: 410957

SAM, 35yrs, own business, sexy, loves dressing up and married, seeks discreet man for casual meetings. Can accommodate anywhere. ACA. Tel No: 0905 002 1947 Box 408297

ATTRACTIVE cuddly young 60, N/S, GSOH, likes music, travel, coast, countryside, seeks tall, clean, affectionate male, 58-64 with GSOH for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409699

JEWISH widow, 67, loves animals, seeks genuine, Jewish gent, 68-73 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410547

JANE pretty size 12, loves going out socialising, countryside, meals out, looking for no strings fun, nothing heavy, give me a call if you are seeking similar. Tel No: 0906 500 3729 Box No: 410579

SUE optimistic divorced lady with OHAC, good job, enjoys meals out, cinema, countryside, pub lunches, looking for likeminded outgoing happy male. Tel No: 0906 500 3729 Box No: 410467

CATHY very much a lady seeks gent up to 62yrs who would appreciate an independent professional sassy female who loves to be wined, dined and romanced. Tel No: 0906 500 3729 Box No: 410301

JOSEPHINE pretty Chelmsford lady seeks benevolent gent for ongoing discreet daytime dalliances, 65 plus. Tel No: 0906 500 3729 Box No: 410991

CHINESE female, nurse, N/S, GSOH, likes music, dancing, meals out, holidays, reading, seeking nice genuine guy, 45-60 for LTR. Tel No: 0906 500 3729 Box No: 410935

SANDY 60's, nice personality, GSOH, likes most things, seeks male, 62-70 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410917

FEMALE slim, blonde, blue eyes, seeking attractive male, 60-65, slim-medium build, N/S with GSOH. Tel No: 0906 500 3729 Box No: 410545

DIANE late 40's, likes walks, wining/dining, movies, bowling, concerts, looking for soul mate in Essex area, late 40-50's. Tel No: 0906 500 3729 Box No: 405441

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LAURA happy size 12-14, attractive, loves shopping, gym, music, clubbing, eating in/out, looking for sincere honest male looking for more than just good fun. Tel No: 0906 500 3729 Box No: 410713

KATIE 21yr old very attractive female who is up for most things, looking for daytime fun, no strings and discreet pls. Age/status unimportant. Tel No: 0906 500 3729 Box No: 410573

SARAH, married lady seeks discreet no strings fun with gent. ACA. Tel No: 0905 002 1959 Box 408291

DAWN 38 dark hair/eyed medium built busty female who loves nights in/out, WLTM fun honest male/single dad with GSOH to help mend my broken heart. Tel No: 0906 500 3729 Box No: 410483

YOUNG 60 blonde, seeking male, 55-70 who I can have fun, laugh with, holidays and days out, who knows. Tel No: 0906 500 3729 Box No: 410181

TERRI 44 green eyed long legged busty blonde, loves to dress up and look feminine, seeking loving, fun, honest professional to fall head over her heels with. Tel No: 0906 500 3729 Box No: 410315

ANNE very nice looking mature busty size 14 blonde who loves life, spending time in my home abroad and having fun, seeking similar mature gent for quality times. Tel No: 0906 500 3729 Box No: 410291

SHARON young single mum slim, blue eyes, attractive, likes nights in/out, WLTM kind male/dad to enjoy dates, chats, hopefully leading to more. Tel No: 0906 500 3729 Box No: 410279

LUCY Asian origin, 39yr single mum, loyal, loving, fit, romantic, honest, genuine, looking for older gent to romance, look after and fall in love with. Tel No: 0906 500 3729 Box No: 409713

EASY going cuddly black lady, likes music, animals, seeks friendship, maybe more with nice male in 60's. Tel No: 0906 500 3729 Box No: 410451

FEMALE 62, widow, seeks male, 62-72, likes travel, tv, meals out, holidays, walks, cycling. Tel No: 0906 500 3729 Box No: 410021

SINCERE lady, 46, single mum, looking for black/mixed race male of similar age. S London area. Tel No: 0906 500 3729 Box No: 409927

CATHY happy independent female looking for her soul mate, someone to spend quality time but who also likes their own space. Tel No: 0906 500 3729 Box No: 409909

VANESSA 32yrs single mum, honest, loving, kind hearted, been hurt in the past enjoys music, reading etc, WLTM my very special Mr Right. Tel No: 0906 500 3729 Box No: 409899

MARIE slim attractive fun brunette, looking for good times with exciting broadminded male. Status unimportant. Tel No: 0906 500 3729 Box No: 409707

CLAIRE young 39 slim size 10, pretty, outgoing, seeks similar spontaneous male for nights in/out and fun times. Tel No: 0906 500 3729 Box No: 409417

59YR old female, looking for gent, 60-65 interested in night out, theatre, dancing and nights in. Tel No: 0906 500 3729 Box No: 410067

63YR old slim blonde, seeks gent 55-70 for happiness, looking and meals out. Tel No: 0906 500 3729 Box No: 410017

CAROLYN friendly, caring, creative, likes meals out, art galleries, travel, poetry, conversation seeking male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409685

EASY going female, 50, 5ft 6ins, N/S, likes walks, meals out, nights in, cooking, music, seeks similar N/S, kind, caring male for LTR. Tel No: 0906 500 3729 Box No: 409681

DOWN to earth female, good heart, attractive, fair hair, green eyes, 5ft 7ins, good personality, like a good time, seeks male. Tel No: 0906 500 3729 Box No: 409657

SANDY 60's, likes most things, seeks male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409705

52YR old female, seeks N/S male to share and enjoy life with, 48-56. Tel No: 0906 500 3729 Box No: 409577

CARING lady, seeking caring Rastafarian for relationship, likes meals out, pubs and walks. Tel No: 0906 500 3729 Box No: 409463

SHIRL 69, true romantic, seeks clean-shaven, N/S, romantic male for cosy nights in and travelling. Tel No: 0906 500 3729 Box No: 409459

ANGIE 32 curvy size 16, very attractive, good company and really fun to be with. What are you waiting for? Call me. Tel No: 0906 500 3729 Box No: 409255

SARAH pretty petite green eyed female, lots of fun, likes children, animals, gym, eating out, running, sports, fast cars, shopping, seeking, nice guy to spend time with. Tel No: 0906 500 3729 Box No: 408879

EASY going 50yr old young at heart lady, Caribbean, honest, sincere, caring, likes music, cooking, meals out, walks, nights in, seeks N/S, honest, sincere male, 49-60 for LTR. Tel No: 0906 500 3729 Box No: 409399

WHITE female, 55, seeks white male, 50-55, likes travel, concerts, sports, tv, meals out. Tel No: 0906 500 3729 Box No: 409315

SUE young at heart female, very adventurous and looking for no strings fun with mature man. Tel No: 0906 500 3729 Box No: 409251

JAN 38yr old attractive lonely female looking for uncomplicated fun times only. Status unimportant. Tel No: 0906 500 3729 Box No: 409107

JOANNA slim attractive blue eyed blonde nurse, divorced with two teenagers, lots of love to give, looking for Mr Right, call me lets put the spark back. Tel No: 0906 500 3729 Box No: 409097

FLOR beautiful educated European blonde, articulate, seeking similar intelligent well-mannered mature gent to enjoy socialising, conversing and quality times. Tel No: 0906 500 3729 Box No: 408293

CAROL 35yr old self-employed nurse, looking for similar lonely male who likes travel, holidays, theatre and most important life. Tel No: 0906 500 3729 Box No: 409085

VICTORIA 38 fun loving and single looking for fun times with male, preferably Asian. Any age. Tel No: 0906 500 3729 Box No: 408729

LIZ attractive blonde blue eyed female with no children/ies, loves country living, animals, seeks male companion for holidays, cosy nights and more. Single dad welcome. Tel No: 0906 500 3729 Box No: 408629

Men seeking women

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BRIAN 51, 5ft 9ins, medium build, attractive, likes meals out, cinema, long walks, easy going, GSOH, seeks attractive female, 40-50 for LTR. Tel No: 0906 500 3729 Box No: 410901

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BLACK male, bubbly, WLTM buxom, plus size, voluptuous white female for friendship, maybe LTR. Tel No: 0906 500 3729 Box No: 410913

LLOYD 50, black, looking for female, 45-55 black/white, likes dining out and cinema. Tel No: 0906 500 3729 Box No: 411709

6FT 2ins male, 42, brown hair, green eyes, likes swimming, cycling, seeking female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 411637

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WARM hearted honest, kind Indian gent, 60's, 5ft 6ins, medium build, N/S, clean, well dressed, seeks slim female, any age for relationship. Tel No: 0906 500 3729 Box No: 411617

UPSTANDING black gent, living by the code of born again Christian, 5ft 9ins, average build, seeking Christian female to socialise and possibly more. Tel No: 0906 500 3729 Box No: 411591

5FT 11ins male, average build, likes most things, outdoors, cinema, meals out, holidays, seeks positive female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 411665

65YR old widower, N/S, likes animals, sports, walks, country pubs, seeks lady of any age, chat, friendship, whatever. Tel No: 0906 500 3729 Box No: 411555

JASON likes meals in/out, looking for female, 35-45 for friendship/relationship. Tel No: 0906 500 3729 Box No: 411611

36YR old male, brown hair, blue eyes, seeks female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 411493

EASY going, friendly, consistent, tall, white male, 40's, seeks easy going female, 35-55 for relationship. Tel No: 0906 500 3729 Box No: 411421

NICK 54, Londoner, outgoing, fun loving, honest, sincere, many interests, seeking likeminded lady to share the good things in life, possible LTR. Tel No: 0906 500 3729 Box No: 411319

GENUINE reliable, traditional, sociable, N/S male, 69, WLTM positive, warm hearted, slim, loyal female for friendship, leading to relationship. 0906 500 3729 Box No: 411543

BUILDER 44, tall, attractive, GSOH, considerate, easy going, seeks female. 0906 500 3729 Box No: 411497

MALE loyal, professional, hardworking, seeking independent female, 29-42 Tel No: 0906 500 3729 Box No: 410999

NICHOLAS 70 fit, seeking female, 55-65 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410945

62YR old male, WLTM lady 60-74 for friendship and outings. Tel No: 0906 500 3729 Box No: 410937

BUILDER 44, tall, attractive, GSOH, considerate, easy going, seeks female. Tel No: 0906 500 3729 Box No: 410919

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TED divorced 62, smoker, 5ft 8ins, stocky, likes walks, swimming, dancing, meals out, seeks slim female, 30 plus for LTR. Tel No: 0906 500 3729 Box No: 410795

LOVING male, seeks slim female, 25-45 for LTR. Tel No: 0906 500 3729 Box No: 410771

MICHAEL black male, medium build, 50, kind, caring, easy going, seeks female for LTR. Tel No: 0906 500 3729 Box No: 410759

TED divorced, 62, smoker, 5ft 8ins, stocky, likes walks, swimming, dancing, meals out, seeks slim female, 30 plus for LTR. Tel No: 0906 500 3729 Box No: 410745

REASONABLY attractive male, 5ft 10ins, semi-retired Irish businessman, 64, N/S, GSOH, seeks female for friendship/relationship. Any nationality. Tel No: 0906 500 3729 Box No: 410591

BUILDER 44, tall, good looking, GSOH, kind, considerate, easy going, seeks female. Tel No: 0906 500 3729 Box No: 410689

BLACK male, 38, kind, caring, easy going, seeks female for relationship. Tel No: 0906 500 3729 Box No: 410607

TALL male, 47, kind, caring, honest, loving, seeks female, 30-44 for LTR. Tel No: 0906 500 3729 Box No: 410515

IRISHMAN kind, loving, 58, seeks loving female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410409

Men seeking men

CHINESE male, 66, WLTM similar aged male, preferably Christian. Tel No: 0906 500 3729 Box No: 411277

GOOD looking bi guy, mid 50's, passive, slim, seeks assertive, bossy gay guy for friendship and fun. Tel No: 0906 500 3729 Box No: 409671

WHITE male, 62, medium build, own apartment, clean living, seeks clean-shaven Asian guy for fun and friendship. Tel No: 0906 500 3729 Box No: 409225

JEFF 60, slim, seeking discreet fun with gay/bi male. Can accom. Tel No: 0906 500 3729 Box No: 408323

Friends

FEMALE seeking male/female for friendship, cruising, holidays etc. Tel No: 0906 500 3729 Box No: 408935

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Fashion

LONG WEEKEND LOOKS

Have you got four days off, numerous activities booked and people to see but not a clue what to wear?

Reiss' style team has come to the rescue with three outfit ideas for the East Bank Holiday that are bound to suit every occasion.

■ Evening drinks with friends: Kaneo laser cut black skirt, Della lace jersey top, Gitta cut out wedge sandals and Vixen clutch.

The style team say: "Black on black is not boring if you play with textures and a laser cut out skirt teamed with a lace top can make this outfit understated cool and perfect for the evening."

■ Easter Sunday lunch with the family: Isabel white crochet top, Helena neutral skirt, Jasmine clutch in leopard print.

The style team say: "These fresh neutral tones are perfect for Spring and the Helena skirt is still summery and feminine enough if you want to veer away from trousers."

■ Easter Monday walk: Olivia white waffle trousers, Prince jumper, Chianti belted jacket in lime sorbet.

The style team say: "The white on white is clean and fresh and the waffle trouser adds texture. Inject some bright colour and stay warm with the jacket."

Go to reiss.co.uk.



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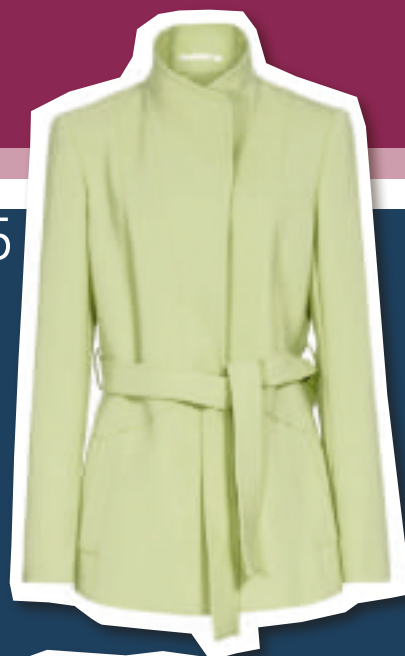
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SUNDAY LUNCH

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MONDAY WALK

Food



COOK WITH CJ JACKSON

Salt pollack, chilli and pepper casserole

This well-spiced hearty standby is great for surprise special occasions or meals for friends.
Serves 4

Ingredients

350g salt pollack
4 tbsp olive oil
2 tsp smoked paprika
2 onions, finely sliced
3 cloves garlic, chopped
2 red chillies, seeded and chopped
1 large baking potato, peeled and diced
2 red peppers, grilled, skins removed, seeded and sliced
410g can chopped tomatoes
1 tbsp chopped parsley
1 tbsp chopped thyme
freshly ground black pepper

Method

Soak the fish in cold water for 24 hours. Change the water several times to extract as much salt as possible. Then, preheat the oven to 180C. Drain the fish and pat dry. Remove any skin or bones as necessary and cut the flesh into large flakes.



Serve this dish straight from the casserole

Heat the olive oil in a large, ovenproof casserole, add the paprika and onions and cook over a low heat until very soft. Add the garlic, chillies and potato and stir over a low heat for two-three minutes.

Stir the peppers, tomatoes and herbs into the casserole, season lightly with pepper,

bring to the boil and simmer for five minutes.

Add the fish and stir carefully to fold the fish into the mixture.

Cover and bake in the oven for 20-25 minutes or until both the fish and potatoes are cooked. Serve straight from the casserole.

CJ Jackson is principal of Billingsgate Seafood Training School. Go to seafoodtraining.org for details

Sort out your Easter feast ready for the in-laws popping by

And to help you plan your menu **Rachel Bishop** has canvassed opinion among Wharf chefs

Bottega is offering each of the dishes Daniele suggests in varying forms on its menu this Easter.

Go to Bottegawapping.co.uk.

■ Plateau's head chef **Allan Pickett** says he loved Easter time as there was a lot of fresh produce around.

He said: "I love making healthy, fresh salads that I know my family will eat."

"One of my favourite simple salads is made with a base of baby gem lettuce, fresh peas and broad beans with some blanched, Wye Valley asparagus served with a simple mayonnaise."

"A little extra English mustard works really well and it can be made in advance and then finished off at the last minute."

"For a main, I love slow poaching a piece of Loch Duart salmon and then serving it with some buttered Jersey Royal potatoes that have had a sprig of mint added to the water while cooking."

"A dressing of virgin olive oil, chopped parsley, capers and a teaspoon of grated lemon zest works wonders with the poached fish."

Go to plateau-restaurant.co.uk.

Easter is often all about the chocolate. Chocolate eggs, bars, bunnies – even penguins and owls are making an appearance now. But if you are looking to throw a dinner party for friends or family over the break, a three-course meal of chocolate may not be quite to everyone's taste. So we went in search of some variety.

■ **Daniele Miconi** of Bottega in Wapping suggests an Italian meal of Pizza Pasquale (Easter pizza), Spalla Di Agnello Pasquale (Easter lamb shoulder) and Carciofi Alla Romana (artichokes Roman style).

He said: "The pizza can be great to put in the middle of the table at the start so people can use it as a bread, or to dip into throughout the meal."

"Give yourself plenty of time. Marinate the lamb the night before, because it takes six hours to cook so you can give yourself more time that way."

THE BEST WHARF EASTER CHOCIES

Big City Bunny (150g), £8
For the colleague that relishes being a city boy, or for a cheeky joke, Danny the City Bunny is a great Easter gift despite his diminutive size.
Hotel Chocolat, 16-19 Canada Square.



Pink Marc de Champagne Truffle Easter Egg (185g/380g), £20-£35
Those looking for a touch of glamour in their Easter treats this year should check out this offering complete with truffles inside.
Charbonnel et Walker, Cabot Place.

SPORTING LUNCH

WITH ALASTAIR COOK, THE ENGLAND CRICKET CAPTAIN

Thursday 15th May 2014, Boisdale Restaurant, Canary Wharf

This is your chance to "get up close and personal" over lunch with the England Cricket Captain and ask him those questions about the current state of England cricket!

Following the controversial Ashes Tour in Australia during the winter, this summer's forthcoming test series against the mighty Sri Lanka and India provides the opportunity to make amends for what has gone before.

Alastair Cook, the Captain of England will lead his team this summer and as a special pre summer appearance will be our guest at this special sporting lunch.

Hosted by Gladstone Small, the ex England fast bowler, this will be a truly unique occasion.

The ticket price includes:

Exclusive access to this pre-season, hosted by Gladstone Small
Champagne reception prior to lunch
Three course Boisdale lunch with coffee
Speech and Question and Answer session with Alastair Cook, the England Cricket captain
Memento of the lunch signed by Alastair Cook
Charity auction
After lunch cash bar

SPECIAL WHARF TICKET OFFER PRICE
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email.enquiries@stephencassociates.co.uk





■ Head chef at One Canada Square, **Jamie Dobbin** suggests chargrilled new season's English asparagus, fried pheasant egg and brown shrimp dressing.

He said: "Spring has really sprung at the restaurant and we're excited to be seeing some of our favourite produce of the season coming in."



"This dish, showing off the excellent English asparagus with a nod to Easter via the pheasant's egg, is tied together with the sweet and salty elements of the brown shrimp dressing."

One Canada Square will be serving up elements of the dish above at the restaurant through Easter including a smoked chicken, wild rabbit and guinea fowl terrine, with blood orange chutney and the Roast Peterhead cod, brown shrimp, broccoli, potato and lemon vinaigrette.

Go to onecanadasquarerestaurant.com.

■ **Quinton Bennett** at The Gun suggests hickory glazed rabbit leg, a pickled edible veggie patch and scrambled goose egg.

He said he created the dish especially for Easter, keeping in mind bunny rabbits and eggs at this time of year.

EASTER RECIPE

Bottega's Daniele Miconi, left, has given us his recipe for Pizza Pasquale or Easter Pizza to get you going.
Serves 6

Ingredients

1kg 00 flour
250g unsalted butter
4 whole medium eggs
4 medium egg whites
80g granulated brown sugar
100g mother yeast
10g dry yeast
100ml water
150ml whole milk
18g salt
100g Italian salami in small cubes
50g grated Parmesan cheese
50g grated Pecorino cheese
Extra virgin olive oil

Method

Soft the butter in a bowl and mix it with the eggs, the egg whites and the sugar.

Add the mother yeast, the dry yeast and the flour. Add milk and water.

Add the salami, Parmesan and Pecorino and mix it for 10 minutes. Put the mix in a deep rounded oven tray of 15cm diameter and leave it to rest for an hour.

Cook it in a pre-heated oven at 210C for 20 minutes.



Rabbit leg and pickled vegetable patch

He said: "The idea behind this dish stems from the idea of finding a rabbit in your vegetable patch but also ties in the Easter egg hunt by using the scrambled goose egg."

"The dish is fresh and light, bringing with it the change of the seasons. Goose eggs are more interesting than hen's eggs and much creamier so you should give them a try for Easter."



Quinton is creating many spring-themed specials over the holidays, including a Scottish salmon fishcake, poached egg, chive butter sauce and a starter of heirloom carrot, orange and goat's curd salad.

Go to thegundocklands.com.

Dairy, gluten, wheat and egg free Caramel Easter Egg (120g), £4.99

This is for anyone who loves chocolate but suffers intolerances – Holland and Barrett has a solution. Features truffles within. Holland and Barrett, Canada Square.



Easter Cracking Dessert (95g), £1.30

This crunchy crumb and milk chocolate cheesecake and vanilla mousse is topped with orange and lemon curd, making it a delicious Easter treat. Looks like a fried egg, clever.

Marks and Spencer, Jubilee Place.

★ Make sure your table is as prepared for your guests as you are to cook them food – try these from John Lewis. Go to johnlewis.com.



Easter oval bowl, £7



Pack of 12 wooden Easter bunnies, £10

Wobbly chick decoration, £10



PLACE SETTINGS

EAT OUT

★ If you're a self-confessed chocoholic, why not combine your passion with an alcoholic twist at **One Canada Square**.

One of E14's newest additions is offering up a selection of Easter Egg Chocktails for £10 each combining a touch of booze nestled inside a luxurious hollow egg as an indulgent way to round off a meal.

Meanwhile, at the same venue tomorrow, (Good Friday), and Easter Saturday, the restaurant's mezzanine will be transformed into a den of creativity for children with Easter Egg decorating sessions from noon-5pm. Go to onecanadasquarerestaurant.com.

FURTHER AFIELD

★ Head to the East End's **Polo 24-hour** bar to sample an array of unusual yolks – including ostrich, goose and duck – complete with a challenge to tackle a complete emu scotch egg, equivalent to 15 hen's eggs, in one minute.

Challenge runs throughout April with a bottle of Prosecco presented to winners. Go to polo24hourbar.co.uk.

★ Jersey Rock Oysters, rib of beef with horseradish cream and sticky toffee and banana pudding could be just some of the selections awaiting diners at **Corrigan's Of Mayfair** on Easter Sunday, for £39 per head. Go to corriganmayfair.co.uk.

WINE-RESTAURANT-DELICIOUS

BOTTEGA

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Health

SLIMMING

BY CAROLINE WATERSTON



WEIGHT LOSS DIARY

Reaching my target weight seems like an impossible task but it's happening, slowly. One more pound gone. I need an extra boost and if I'm honest with myself I've not been 100% committed. So for the next couple of weeks I'm going back on the Simple Start plan. Hopefully next time, I'll have lost another few pounds.

- Start: 14st 4½lbs
- Now: 13st 4lbs
- Interim goal: 12st 7lbs
- Goal: 10st 7lbs (or as near as)

HEALTHY EASTER TREATS

★ Chocolate can be hard to resist at the best of times, but at Easter it's near impossible. However with the flexibility of the Weight Watchers plan you can still indulge. These chocolate Easter nests (5PP) and Easter cheesecakes (4PP) won't crack your diet:

Ingredients

2 heaped tps of cocoa powder
1 tbsp golden syrup
150g of dark chocolate in pieces
40g of margarine
4 Nestle Shredded Wheat biscuits, crushed
36 Cadbury's Mini Eggs



Easter nests

Method

Put 12 paper cake cases into a 12-hole cake tin. Put the cocoa powder, syrup, chocolate and margarine into a saucepan. Heat gently, stirring, until melted and smooth. Add the biscuits and stir until coated.

Share the mixture between cake cases, making a dent in the middle with the back of the teaspoon to form a nest shape.

Chill until set. Finish off each chocolate nest with three Mini Eggs.

Ingredients

50g of margarine
6 low fat digestive biscuits, crushed
3 heaped tsp of cocoa powder
200g of low fat soft cheese
25g of caster sugar
1/2 tsp of vanilla extract
1 medium beaten egg
30g of dark chocolate, grated
36 Cadbury's Mini Eggs



Easter cheesecake

Method

Put 12 paper cake cases into a 12-hole cake tin. Melt the margarine in a saucepan, remove from the heat and stir in the biscuit crumbs and half the cocoa powder.

Share between the cake cases, pressing down with the back of the spoon. Chill for at least 15 minutes. Preheat oven to 180C.

Beat together the cheese with the remaining cocoa powder. Mix in the sugar, vanilla extract and egg. Spoon into the cake cases on top of the chilled biscuit crumbs. Bake for about 12 minutes, until set. Cool. When ready sprinkle the cakes with grated chocolate and add Mini Eggs.

DETAILS

■ Caroline attends Weight Watchers at Reebok Sports Club, Canary Wharf. Classes run on Weds and Thurs from 7.30am-1pm. For information about meetings go to weightwatchers.co.uk.

The weird & the wonderful

Rachel Bishop goes in search of London's more, erm, well unusual exercise crazes

VOGA

Powerful and empowering Voguing has collided with calm and laid back yoga in a fusion exercise that is ready to strut-its-stuff.

Since creator Juliet Murrell launched Voga in November, she has seen rolling success spreading the word overseas.

Having just returned from South America to promote the



Wistful: But what actually is Voga?

exercise (and having a bit of a honeymoon), she said her Voga teachers had reported nothing but good things to her.

Explaining the thinking behind the exercise, she said: "I felt like yoga could be a bit more expressive. It's not about showing off, but finding that energy within yourself and being strong and confident with it."

Juliet has been involved in Voguing and similar movements for a number of years, but this



Let your body move: Participants revels in some typical Voga moves

part dance-part strut became famous through Madonna's video *Vogue* way back in the '80s.

Inspired by *Vogue* magazine and originating from Harlem ballrooms, Voguing is characterised by model-like poses

integrated with angular, linear, and rigid movements.

Voga will be appearing at the Secret Garden Party and Lovebox festivals.

Go to vogalondon.co.uk for more information.

HYDROFIT

Put simply, Hydrofit is cycling in a bath. Originating from France, this exercise is designed to slim your legs, destroy cellulite, and firm-up the skin using the

How to achieve a happy, healthy

TRAINING



Fitness guru **Laura Williams** offers tips on how to avoid looking egg-shaped

Easter doesn't have to mean devouring one egg after another without pause for breath. Why not try these non-edible activities to offset those pesky calories?

■ **Know your eggs:** I read a healthy eating tip recently that suggested abandoning chocolate eggs for hard boiled ones.

I won't go that far but I will tell you that even the more modest, medium-sized hollow egg contains around 900 calories – equivalent to two back-to-back spinning classes, a nine-mile run or an Easter egg hunt that involves you covering 11 miles on foot.

■ **Don't make it all chocs:** Presenting a relative who's been watching their weight with a giant egg is plain mean. By all means fill an

Easter basket with some nominal choccy treats and then add some cosmetics or a store voucher – anything that's a bit more waistline friendly.

Other Easter treats soon stack up too. Hot cross buns are delicious but a butter laden bun contains the calorie equivalent of a Mars Bar.

■ **Beef up that hunt:** If you're thinking Easter egg hunts, try to include as wide a search area as possible so you and your loved ones do as many steps as you can.

Or turn your hunt into a workout so that with every clue or egg laid, there's an exercise task (you'd need to do a couple of sets of push-ups to burn off one Mini Egg). My pick of London's hunts this year are as follows:

1 Through the foot tunnel – The Cutty Sark is hosting a treasure trail where both children and adults can hunt for eggs hidden around the ship.

To enter the competition all you need to do is tell organisers how many eggs there are, and where the golden egg is. Go to rmg.co.uk.

2 Fancy delving for a clue in the 500-year-old toilet that King Henry VIII may have used? National Trust property Sutton House on Homerton High Street will be hosting Easter egg trails throughout the holidays as well as a number of other activities. Go to nationaltrust.org.uk/sutton-house.

Find active, non-edible Easter activities:

To go a step healthier from hunting for your eggs, you can unwind and let off steam minus the chocolate.

1 For a great, fitness-filled family day out you can do a lot worse than visiting the first London-based Go Ape course – Go Ape Trent Park.

Five minutes from Cockfosters tube station you can swing through the forest on zip wires, climb tree-top ladders and fly through the air on Tarzan Swings (safely attached, of course). Go to goape.co.uk.

2 If you're not worried about sinking without a trace post egg-binge, you can splash around to your heart's content at the newly opened London Aquatics Centre.

If you're feeling too lethargic to lap up and down, the venue's running fun-sounding Aqua Splash, inflatable sessions for both children and adults over Easter. Go to queenelizabetholympicpark.co.uk.

3 If, after all that eating, walking, splashing and swinging (of the tree variety) you can't be bothered to move, why not visit York Hall in Bethnal Green and try their legendary thermal spa experience. The facilities include two aroma steam rooms, hammam, hot rooms, a monsoon shower, plunge pool and ice fountain. Go to spa-london.org.



Above, some Wharfers may like to workout in a high-tech bathtub at Hydrofit. Others may like to channel their inner beast at Animal Flow or find a gentler side to the ring than the one on the left at Boxalates.



GETTY



chemical reaction between the water and the body.

Hydrofit is based at 278 Fulham Road, bookings available most days for £24-£40.

Go to hydrofit.co.uk.

TWERK IT OUT

Dancing to some of this year's hottest tracks, Twerk it Out is a combination of low-impact aerobics and Miley Cyrus' favourite move – the Twerk.

Twerk it Out takes place in Westfield, Shepherd's Bush, on Wednesdays at 6:45pm. Go to gymbox.co.

ANIMAL FLOW

This exercise combines elements of Parkour, break dancing, and gymnastics projected through animalistic movements – designed to be intense but fun.

Try at Train, Unit 2a Moonraker Point in Pocock Street, Southwark, classes launch May 6. Go to trainfitness.co.

BOXALATES

A fusion session combining the speed and control of boxing with the precision and coordination required for Pilates, this class strives to leave members rejuvenated, toned and strong.

Boxalates runs 6.20-7pm at Reebok Sports Club on the Wharf. Go to reebokclub.co.uk.

YOGALATES

Work on both your mental and physical wellbeing with a mixture of Pilates and yoga poses, techniques and stretches as you focus on flexibility, core strength and breathing.

There are sessions throughout the week at Boutique Beauty, Pilates and Dance in Westferry. More details online.

Go to boutiquebeautypilatesanddance.co.uk for more information.



Get your Miley going and tone up that bod at Twerk It Up

Easter with total ease



Head over to Go Ape for an Easter activity that won't leave you with pounds to shift

FRAME

Enjoy money off at gym

★ Get into shape in double quick time thanks to a Shoreditch exercise hub.

Frame is offering visitors the choice to choose eight classes – including Cardio Kettlebells, Sweat Factory and Box Fit – for just £65, as part of its catchily-named Fitty McFit discount offer.

The non-refundable deal can be bought until April 30 and used within a four-week period at the facility, in New Inn Yard.

Go to moveyourframe.com/shoreditch for more information about the classes on offer at Frame.

REEBOK SPORTS CLUB

Club offers 50% discount

★ If you're thinking of springing into fitness this season, take advantage of Reebok Sports Club's latest offer.

The gym, in Canada Square, is offering 50% off administration fees throughout April, meaning the cost will be reduced to £20 for new members.

Those who take advantage of the offer quickly enough will also secure a free Reebok T-shirt while stocks last.

Call 020 7970 0911 or go to reebokclub.co.uk for more information.

Travel

Cruise line takes the Naked Chef on board

CRUISES

Beth Allcock
@wharf.co.uk

Chef Jamie Oliver is set to take his passion for Italian cuisine on the high seas.

Global holiday company Royal Caribbean will host the first Jamie's Italian restaurant on the water, with the brainchild of the TV personality taking its place on board resort ships Quantum Of The Seas and Anthem Of The Seas.

The former, which sets sail from New York, will open for diners later this year while travellers from Southampton will have to wait a little longer for their feast on the latter liner, which will unveil its restaurant next spring.

Jamie said: "Royal Caribbean shares my approach to food and dining, which is to serve simple, fresh ingredients in a warm, inviting ambience.

"I couldn't be more excited to bring my love of Italian cooking to their guests with Jamie's Italian. It's going to be brilliant."

A familiar favourite on the high street, the brand will sit alongside the ships' other



Jamie Oliver's high street brand will open on Royal Caribbean ships

restaurants in a bid to cater for all tastes.

Its arrival signals a "new approach" to dining on board Royal Caribbean to replace the Captain's Table style of eating traditionally associated with cruise experiences.

Lisa Lutloff-Perlo, executive vice-president of operations, Royal Caribbean International, said: "Jamie Oliver is known for pushing the boundaries within the world of food and my firm has a history of pioneering many firsts within the holiday industry.

"With Jamie's Italian creating unique but accessible dining with food that is at its freshest and ethically sourced, we are able to guarantee guests will only be served the freshest Italian dishes possible while on holiday with Royal Caribbean.

"This is just one element of a revolutionised dining concept to ensure the options we have on board reflect what today's modern family looks for from their holiday."

Go to royalcaribbean.com.

Relax with a short sharp freezing dip in an icy lake

FINLAND

If you head north for one reason it should be to try a Finnish smoke sauna, writes **Jon Massey**

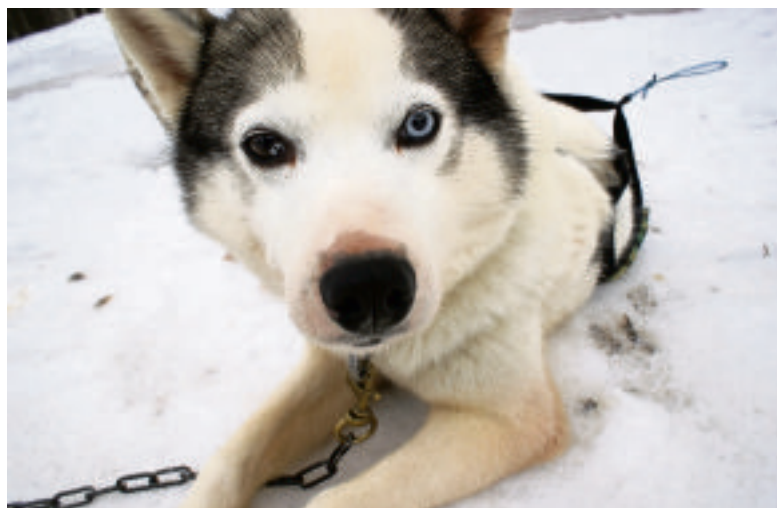
Sauna is the only word from the Finnish language to have made it into English. But up until my trip to Finland earlier this year I confess I'd not been that impressed by them.

Little tongue and groove huts that make your throat dry and your lips sore. The smell of stale sweat; leisure centre warning notices. Hardly romantic.

But that's before I experienced a traditional Finnish smoke sauna. Heated by the smoke from a day-long fire set under a large pile of stones, the candlelit hut is almost dark as we arrive down an icy path cut in the snow.

I'm with the men of the group – it's taboo to sauna in mixed gender groups. We file into a changing room. The Finns and the German strip. The other Englishman, myself and a journalist from Hong Kong opt for swimming shorts.

Then we enter the sauna. The smoke



Husky safaris into Syöte's nearby national park are also on offer and can be organised through the hotel. Motorised vehicles are not allowed in the park without a licence so it's the perfect way to see the unspoilt landscape

has been let out but its smell and soot are everywhere. We sit high in the rafters on paper towels to avoid getting covered.

It's warm, but far from overpowering. A gentle heat until water is thrown on the stones increasing the humidity and the perceived temperature. Time passes, the fat is chewed and we all get too hot.

The solution? A short walk down and icy path in bare feet out onto a frozen lake where a square of ice has been cut away and a ladder mounted. We take turns to climb down into



Jon enjoys his dip in an icy lake after a traditional smoke sauna

the black depths, shoulders under, breathing slowly. Something brushes against my back. A rapid ascent. The fear of a monster.

Then it's back up the path dripping, freezing, to grab a beer before heading back into the cured darkness of the sauna to go round again. The whole experience is electrifying.

After rinsing off in warm water heated by the same fire used to create the sauna we're left to stumble back, drunk on endorphins, mentally alert but physically bamboozled.

It might cost the best part of 1,000

Try Baden Baden for that rest cure

GERMANY

The chance to spend your summer in a relaxing haven historically reserved for German royalty will become a reality this summer.

Baden Baden – a German hotspot for spa breaks for the past 2,000 years – is the characterful location for Villa Stephanie at Brenners Park-Hotel and Spa, set to be launched in June.

Indulgent yet innovative facilities within the 19th century property include areas for beauty, detox, emotional and medical care while a 500sq m sauna, kneipping baths, a hammam, a private park and a sunken garden await.

Guests will also be able to soak up the scenery nearby in the northern foothills of the Black Forest.

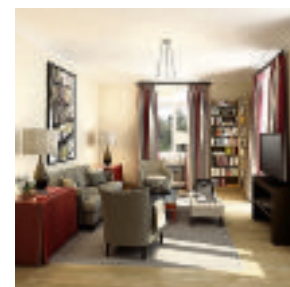
Expect mountain biking, climbing and horse riding.

Hotel rates start from 375 euros for bed and breakfast.

Go to brenners.com.



Above and below, some of the facilities at the Villa Stephanie, left, which opens in June





Reindeer are plentiful in Finland and a visit to a farm provides an opportunity to feed them with moss, a favourite

euro and only be available for groups, but it's an experience that makes the four hours in planes completely worth it.

It would make the ideal climax to team building weekend or a hen or stag do.

In many ways that's what the superb hotel we visited – Hotel Iso-Syote (hotelli-isosyote.fi) is perfect for. In reasonably good nick, it boasts everything you could possibly need to get out and enjoy what Finland has in abundance – snow.

What's on offer at Hotel Iso-Syote?

"Downhill skiing, cross country, snow shoeing, snowmobile safaris and dog sledding."

Whether it's downhill skiing, cross country, snow shoeing, snow mobile safaris, dog sledding or reindeer rides, all can be arranged.

Equipment and appropriate clothing are all held on site for ease of packing and a team of charmingly blunt guides is on hand to make sure each activity has a dash of fun and the inevitable warm berry juice.

Then there's always the pool and sauna to ease aching muscles and a decent restaurant and bar overlooking the piste to contend with.

How you'll feel about eating the reindeer after feeding them though is anybody's guess.

EXPERIENCE

★ Riding snowmobiles is one of the activities available to guests staying at Iso-Syote.

Post safety briefing, you mount your machine in a large group. Its powerful engine throbs. You move off and immediately start to fight the handlebars as it veers alarmingly left and right.

After a while you relax and open up a little. The speed is thrilling on the flat; a strange blend of motorbike and car.

You break for coffee and cake mid-trip, cooked up in a hut over an open fire. Then you blast off again. Refreshed and full of confidence. Must be the warm berry juice.



EXPERIENCE

★ On arrival at the husky farm the squawk and hoot of the tethered dogs is incessant.

It rises to breaking point as they're formed up to pull our sleds. But once we're off, silence falls and the soft padding of paws on ice in the hush of the forest descends.

It's a sublime way to experience the Finnish countryside and, with snowmobile outriders in case of the inevitable spill, a safe albeit bumpy thrill.

Johanna, left, and Janne are perfect hosts at Syote Wilderness Services (syoteenerapalvelut.fi). Decent sausages too.



JON MASSEY



One of Silversea's ships

Explore beauty spots in comfort

★ Breathtaking beauty spots in south east Asia, Australia, Polynesia and Melanesia are just some of the destinations to be explored by Silversea's latest ship.

The luxury cruise operator recently launched its latest offering, Silver Discoverer, which has a host of remote and stunning countries on its stop-off list.

One such journey will see visitors explore the hidden treasures of the Kimberleys.

The vast patch of north west Australia measures up at three times the size of England with marine life, wildlife and wilderness all prime territory for first-hand exploration.

Following major refurbishment, the ship boasts five suites and accommodates 128 guests, along with facilities such as 12 Zodiac boats as well as a glass-bottom boat to explore marine life in more depth. Go to silversea.com



The hotel's 811sq m penthouse

Relax in tropical surroundings

★ The serenity of a tropical haven on an undeveloped Bali beach yet close to the island buzz is a combination soon to be found at Alila's latest offering.

The hotels and resorts brand will launch Alila Seminyak, Bali towards the end of this year for travellers to the country's south west coast.

The 240-room slice of luxury will also house a spectacular 811sq m penthouse within its boutique environment.

Roof gardens, roof-top pools and hidden nooks boost the hideaway feeling as well as eco-credentials, with the hotel the first in Indonesia to surpass EarthCheck standards.

Alila's fifth property in Bali lies close to the hottest destinations on the island, with high-end designer boutiques, art and antique galleries, restaurants and trendy nightspots of Potato Head and Ku De Ta nearby.

Some rooms will also be available to buy. Go to alilahotels.com.

FACTFILE



■ Jon flew from London Heathrow to Helsinki and then on to Oulu with Finnair (finnair.com) for 419.49 euros return.

■ He stayed at Hotel Iso-Syote (+358 201 476 400 or hotelli-isosyote.fi)

■ For more information about the area go to syote.fi.

■ For more information about Finland go to visitfinland.com.

LondonEYE



STEFAN WERMUTH



BRIDGING THE GAP

A pedestrian crosses the Millennium Bridge in London.

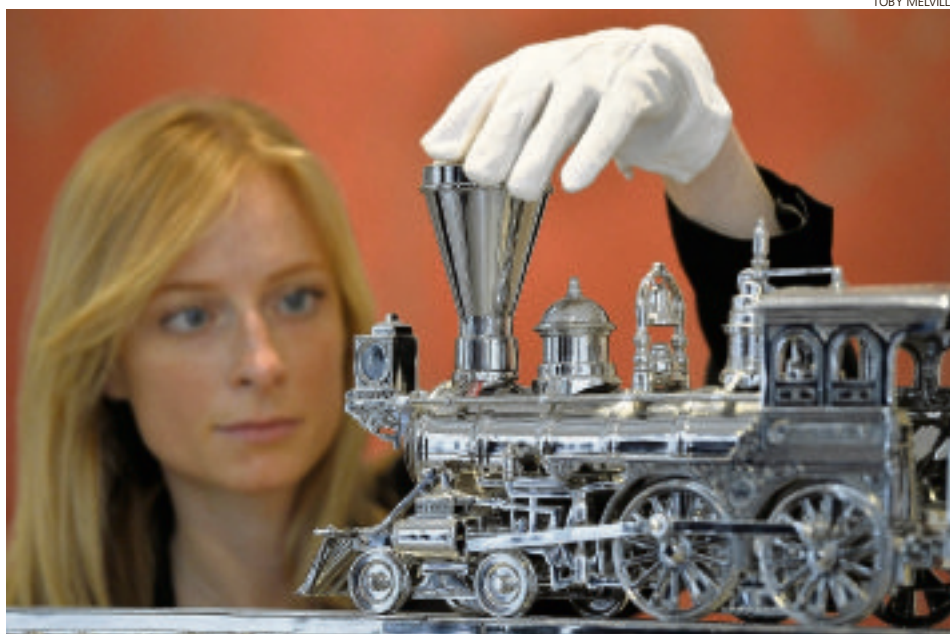
DARREN STAPLES



BIG DAY OUT

A Sheffield United fan smiles before their FA Cup semi-final match against Hull City at Wembley Stadium. The Blades lost 5-3.

TOBY MELVILLE



CHOO CHOO KER-CHING

A Christie's employee poses with *The Jim Beam J.B. Turner Train* sculpture by US artist Jeff Koons at Christie's auction house in London. The steel piece has a predicted auction sale estimate of £15-21million) and forms part of the Christie's Post-War and Contemporary Art sale in New York on May 13.

LUKE MACGREGOR



MESSING ABOUT

Members of a re-enactment group dressed as Vikings sail a replica Viking Longboat past the Houses of Parliament.

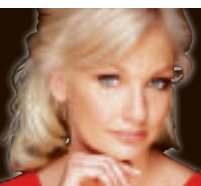
Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

Some of the signs are spreading lies and talking for the sake of it. Use your time wisely to deal with what's in front of you and all will come out good.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Working as a team pays dividends today and shows you who you have the most in common with. Don't pay for others who wouldn't do the same for you Pisces.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

Please don't accept second best Aries. Remember, you are worth so much, and those who want to give you anything less are not worth your time or energy.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

You may have to talk to a professional body or person about a problem you're experiencing in your career. Don't feel this shows you as weak.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

A good time for branching out with your work, to find out where else your skills can be applied. People you cross paths with can show you what's possible.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Your work programme appears crowded later this month and you have to start to organise yourself properly. Work out how you can delegate tasks.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

You're not feeling your usual positive self and this has a lot to do with the company you're keeping. Try to work on surrounding yourself with friends.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

Your need for everything to look good to everyone else has, this month, seen you putting up with things you'd usually take a stand over. Stop immediately.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Arguments in the home may make you feel bad inside, but they can actually help get the issues you've been hiding from out in the open Libra.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

If you don't believe you can do what you want, then how do you expect others to have faith in your dreams Scorpio? Remember that this week my friend.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Try to keep to the plans you had made as someone has gone out of their way to accommodate your needs. Say thank you and show gratitude now.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

It's time you arranged something relaxing to do for yourself. After all you've been put through so far this year, you need to get back to the basics.

Contact our psychics to get a FREE personal CD of your reading

Live psychic

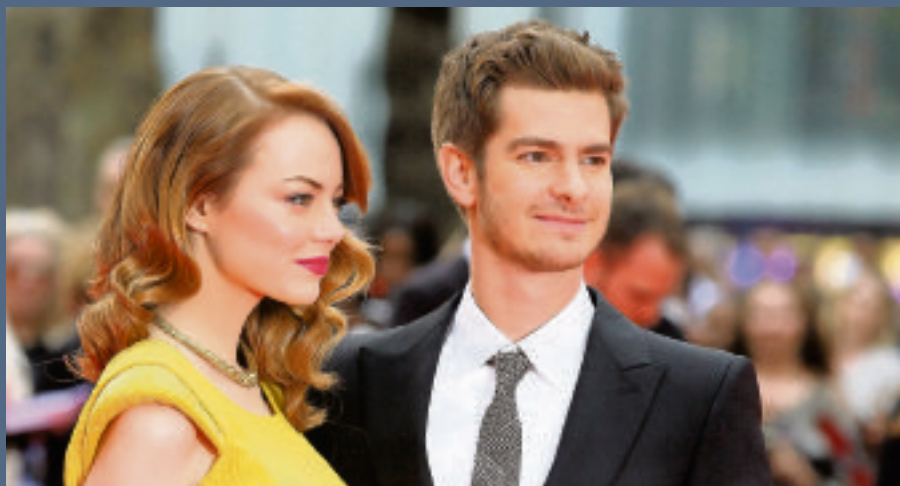
Call a live psychic for your personal consultation on 0906 174 2078

To pay for psychic reading by credit card, call 0800 063 0909

Live text

Text a Psychic: Just text CLA13 and your question to 86010 and one of my psychics will give you a reading

Dinner and a Movie



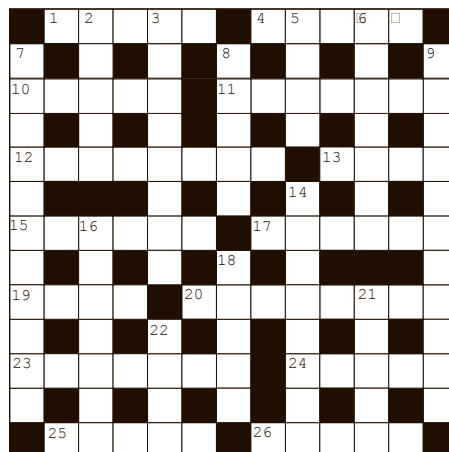
★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two burgers, two bottles of Budweiser (or a bottle of wine) and a pair of tickets to the cinema. To be in with a chance of winning, just tell us the name of

the actress, pictured here at the London premiere of *The Amazing Spider-Man 2* in which she stars as Gwen Stacy.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is April 25. Include your name and address.



Crossword



ACROSS

1. Trainer (5)
4. Month (5)
10. Of a town (5)
11. Feeler (7)
12. Curiosity (8)
13. Spool (4)
15. Happenings (6)
17. Hammer-like tool (6)
19. Redwood, say (4)
20. Refusing to agree or give in (8)
23. Welsh rabbit (7)
24. Dog type (5)
25. Clean with a broom (5)
26. Halt (5)

DOWN

2. Planet's path (5)
3. Remorseful (8)
5. Performs (4)
6. Keep from sight (7)
7. Basic (11)
8. Opposite of true (5)
9. Indoor game (5,6)
14. Device for cooking outdoors (8)
16. Arched line of hair (7)
18. Condition (5)
21. Monstrous or cruel people (5)
22. Competent (4)

ACROSS: 1. Coach; 4. March; 10. Urban; 11. Antenna; 12. Interest; 13. Reel; 15. Events; 17. Mallet; 19. Tree; 20. Subborn; 23. Rarebit; 24. Corgi; 25. Sweep; 26. Cease. DOWN: 2. Orbit; 3. Country; 5. Acts; 6. Conceal; 7. Rudimentary; 8. False; 9. Table tennis; 14. Barbicue; 16. Eyebrow; 18. State; 21. Ogre; 22. Able.

Sudoku

EASY

		2			9		6	1
6	4		3			9	2	8
1		7	6		2	3		
	8	9	1		4		5	6
2			5		3	1	8	9
5	1	6			8			3
7	2	8	9	3	6	5		4
9	6	1	7	4				
4		3		2	1		9	7

HARD

4		9						1
5			6		8			
	2		4					9
		2				8	9	
								6
	9	6	8			1		5
				7	5	9		3
	1			6				
3	5							

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net. For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

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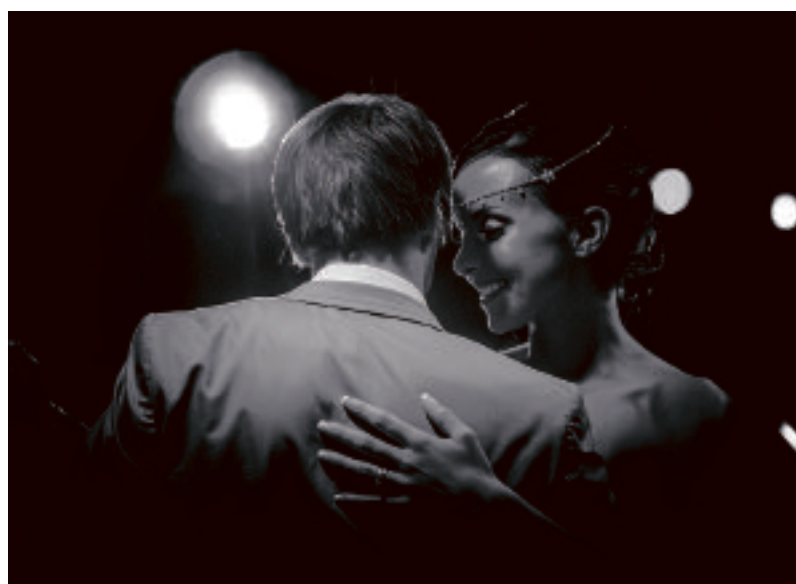
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THE FANS'
ROAR

By Ian Toal



Millwall Supporters Club



Character flooding back

Millwall still have a chance of staying in the Championship this season after a pulsating 2-2 home draw against Watford on Saturday.

Watford started the stronger side, giving us a few early scares before slack tracking let Troy Deeney pick out Lewis McGugan and he fired home from 20 yards inside Tony Warner's near post.

We played decent enough in the first half and asked a few questions of the Hornets, but it was the second half when we got on top in the match and equalised through Steve Morison.

Watford's Manuel Almunia pulled off a couple of world class saves to first keep out a left-footed half volley from skipper Alan Dunne and then a cracking long range effort from Martyn Woolford.

It looked like it wasn't to be our day when our chances were cleared and Almen Abdi scored a second at the other end, four minutes from time.

That has been the story of our season, missing chances and conceding sloppy goals.



Goal: Martyn Woolford

“

It looked like it wasn't going to be our day

We feared the worst but the character of our side was in evidence again as five minutes into injury time Woolford struck a shot from 20 yards and Almunia fumbled it into his own net to the ecstasy of our supporters.

A win of course would have helped us much more, but that point could still prove vital. We have just four matches left including a trip to Middlesbrough on Saturday.

We must get something from this match as that will

send us into the vital clash with Doncaster Rovers on Bank Holiday Easter Monday in form and full of confidence.

An away win at The Riverside would boost the attendance at The Den for the Doncaster match and it would be much more hostile then for the visiting relegation rivals.

■ Away from the current first team, 20-year-old striker Aiden O'Brien signed a two-year extension and we expect he will feature more as part of the first team squad next season.

■ Monday's match also sees the "Fan On The Board" election which the Millwall Supporters Club are running. Current incumbent Peter Garston is up against newcomer Paul Turner.

Votes are also being taken online at the Millwall Supporters Club website millwallsupportersclub.co.uk for this role which provides a link between the supporters club and board of directors.

You have to be a Millwall Supporters Club Member or Season Ticket Holder to vote. Deadline is 5pm April 23.

Two goal blast left us with little chance

WEST HAM

Performance means nothing without points

Jack Pincock
The Wharf

West Ham were outclassed by a slick Arsenal side as the Gunners were 3-1 victors over the Hammers at The Emirates Stadium on Tuesday night.

Manager Sam Allardyce was pleased with the performance of his side, however, the former Bolton gaffer said it counted for nothing with no points to show.

"We shot ourselves in the foot with the first two goals," he said. "When you do that it's always going to be difficult, and to not get in at half time 1-0 up was also a big disappointment."

The first 15 minutes of the second half we were looking comfortable, but the second



Arsenal's German striker Lukas Podolski, left, vies with West Ham United's defender James Tomkins, right

goal was sickening to the team.

"The performance meant nothing after that in the end. You try to fight back from that position, but we didn't create enough in the final third after that."

"Down to our basic errors, Arsenal have taken advantage and scored two goals."

Allardyce added it was the side's defending that was the main cause for defeat.

And he said he could not

wait to guarantee safety and prepare for next season.

"We haven't been able to start the ball rolling in terms of new contracts and player recruitment," he said.

"When you fall behind, you have to catch up with everybody else. Most teams are already preparing for next season, and we can't do that unless we are mathematically safe."

West Ham v Crystal Palace, 3pm, Saturday

Daley dives in to classes

ONE of the icons of the 2012 Olympic Games has cemented his legacy credentials with the launch of the Tom Daley Diving Academy at the Aquatics Centre.

The medallist moved to east London to concentrate on his discipline and has lent his name to a range of children's and adults' classes.

The new Learn To Dive programme aims to capture the momentum of the growing sport with accessible classes.

It aims to grow from Stratford and spread across the country.

WEEKEND
FLUTTERWITH THE
RACING POST

RACING

Cause Of Causes looks a solid each-way proposition for the Irish Grand National at Fairyhouse on Monday. The Gordon Elliot trained six-year-old was arguably an unlucky runner-up at the Cheltenham Festival and holds strong claims of going one better over the marathon 3m5f trip. *Ed Quigley*

FOOTBALL

There have been reports of infighting in the **Swansea** camp but the Welsh side played well in their 1-0 loss at Chelsea on Saturday and can bounce back at Newcastle.

One more win should seal survival for the Swans and they have a great chance against the formless Magpies. *Dan Childs*

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Sport

Wharf



OUR POINTLESS VISIT

Allardyce laments two-goal blast that floored Irons **P71**

GETTY / REUTERS



Docklands end on a high with victory

VOLLEYBALL London Docklands won 3-1 against Danes Watford to end a successful season on a high.

The side, who had already won the league, now return to the top tier of English volleyball, the Super8.

Coach Ercument Karakoç said: "We will have to take our play to a whole new level in the Super8s."

"There will no doubt be some arrivals and departures in the summer but we should celebrate this title and look forward to the challenges next season."

Venus gives thanks, and shirt, for help

RUGBY Venus, Millwall Rugby Club's ladies team, gave thanks to Canary Wharf Contractors Fund for its support this season.

The firm's executive director Cormac MacCrann was presented with his own Venus shirt after the visit to its offices at One Canada Square.

The money has helped it buy new equipment and pay for travel to home and away games.



Blackheath spoil party for rivals

RUGBY Blackheath may have had little to play for after securing safety last week but they spoiled Wharfdale's chances to finish fourth.

In a close game with no more than a converted try ever separating the sides, Blackheath came from behind to win 22-19.

James Catt, Markus Burcham, Joe Hardy and Richard Windsor scored the tries for the London side.



MARATHON EFFORTS

THOUSANDS ran in the London Marathon, raising millions for charities around the world.

Participants set off from Greenwich just after 10am, running past Woolwich Common, Cutty Sark and Deptford Park along their route.

Runners passed through the iconic high-rise towers at Canary Wharf at the 18th mile and then they returned west towards The Mall for the finish.

Nation's favourite Mo Farah completed his marathon debut in 2hr 8min 21sec, just four minutes behind Kenya's Wilson Kipsang, who won with a course-record time of 2hr 4min 29sec.



Marathon runners at Greenwich and Canary Wharf



Solly's return the one bright spot in defeat

CHARLTON

Rob.Virtue
@wharf.co.uk

ONE piece of good news Charlton can salvage from Tuesday's defeat at home to Barnsley is the long-awaited return of last year's Player Of The Year Chris Solly.

The full-back played well for 70 minutes before he was taken off as a

precaution. And afterwards manager Jose Riga said he was a huge part of the side.

It marked The Valley return of the 23-year-old who also came on for 20 minutes against Brighton last week.

Riga said: "I only knew Chris Solly through videos from what people have said about him. I can only agree on the quality of the player."

"I didn't want to take any risks. That's why I made the change. But he

is reacting well. We will see tomorrow of course. After the 20 minutes he played at Brighton he was OK.

"And I am hoping this will be the same. We need more than ever to have enough good players in the squad."

Meanwhile, Lawrie Wilson hinted he was keen to push up further forward in light of the comeback of Solly and he said his, and Leon Cort's, return to fitness was a huge boost for the run-in.

"Solly is a big player coming back and gives us a whole new dimension," Wilson said. "With him and Corty coming back, key players who have been missed for a large part of the season, that's huge."

Left-back Rhoy's Wiggins, meanwhile, is set to miss the rest of the season after damaging a metatarsal in the defeat that leaves the Addicks one point clear of the relegation places. Charlton v Bolton, 3pm, Friday

the Wharf LEAGUE

RESULTS

DIVISION ONE

M3551 is Back	5
Athletic Pasty	18
Cavendish Allstars ●	2
Camden Pathway	8
Not So Athletic	4
PCFC	14

DIVISION TWO

Exeter Gently	9
Bayer Neverluse	6
John White FC	6
Reggae Allstars	16

DIVISION THREE

ISS Tigers	5
Centrepont	14
FC Poor Toe	8
FC Hangover	22
Efan Ekoku's Elite ●	11
OLU FC	9

● = Current league leaders.
The Wharf League is played at Powerleague in Crossharbour.
Go to powerleague.co.uk.